Swimming – Level 2

Now that you are comfortable in the water and know how to float and tread water it is time to introduce you to the basic swimming techniques or strokes.

The Freestyle Stroke: Also known as front crawl, this is the fastest and most efficient of all swim strokes. Because of this it is the favorite of many fitness swimmers and triathletes.

The Breast Stroke: This is often the first of the competitive swim strokes taught to beginners. The advantage of the breast stroke is that in the beginning the head can be kept out of the water, which avoids breathing issues.

Requirements:

1 – Swim 200 yards using the Freestyle Stroke

2 – Swim 50 yards using the Breast Stroke