



Sliema ASC Swimming Summer School

<p>Level 1 Beginner</p> <p>Building up water confidence and breathing skills. Introduction of the concepts of buoyancy and streamlining. Develop optimal body position. Introduction of kicking in the four strokes. Basic propulsion without the use of aids.</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times Level 1:</p> <p>Gr1- 09.15 – 09.55 Gr2 - 09.55 – 10.35 Gr3 -10.35 – 11.15 Gr4 -15.30 – 16.10 Gr5- 16.10 – 16.50 Gr6- 16.50 – 17.30</p>
<p>Level 2 Can Just Float</p> <p>Further develop buoyancy, streamlining and in water breathing. Develop finer detail on kicking techniques in all four strokes. Introduction to the arm action in Freestyle, Backstroke, Breaststroke and Butterfly.</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times Level 2</p> <p>Gr1 - 09:15 – 10:15 Gr2 -15.30 – 16.30</p>
<p>Level 3 Improvers</p> <p>Extend the range of aquatic skills and develop survival skills Develop endurance in kick and introduce finer detail in arm action in all the strokes.</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times Level 3</p> <p>Gr1 - 09:15 – 10:15 Gr2 -15.30 – 16.30</p>
<p>Level 4 Elite</p> <p>Develop the skills involved in sculling, diving, streamlining. Develop finer detail in the breathing timing and co-ordination of the four strokes</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times Level 4</p> <p>Gr1 - 10:15 – 11:15 Gr2 -16.30 – 17.30</p>
<p>Level 5 Advanced</p> <p>Introduction of competitive starts and turns and further development of sculling. Develop water fitness and stroke technique by introducing advanced "Drills" in all four strokes. Swimmers are prepared for introduction into the competitive scene and the consolidation of basic skills.</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times Level 5</p> <p>Gr1 - 10:15 – 11:15 Gr2 -16.30 – 17.30</p>
<p>MATSEC PE Swimming</p> <p>Special Program in view of the requirements for the Matsec exam.</p>	<p>Every Tuesday, Thursday, and Friday</p> <p>Training Times</p> <p>Gr1 - 10:15 – 11:15 Gr2 -16.30 – 17.30</p>

FEES

Club Member - €180

Non Member - €200

How do I register?

Please contact Kevin Casaru for more details on: 79702312 or sliemaswimming@yahoo.com

Note:

- No swimwear or club kit is included in the fee this year irrespective of group. Nonetheless, if you wish to buy you can and swimwear and kits remain mandatory for all athletes;
- Until COVID-19 restrictions are lifted, registrations can only be done online:

<https://forms.gle/dHmKt8b85sMrJzKL8>

