VCU Recreational Sports Advanced Adult Swim Lesson Descriptions

Participants in the Advanced Adult Swim lesson class will focus on coordination and refinement of strokes to prepare for fitness swimming. Participants in this class will become proficient in all strokes (freestyle, backstroke, breaststroke, elementary backstroke and sidestroke) and will be introduced to butterfly.

Prerequisites: Completion of Intermediate Adult Swim Lessons or equivalent skills

Participants in the Advanced Adult Swim lesson class will be taught:

- Proper use of swimming equipment (fins, kickboard, pull buoy, paddles and forearm fulcrum)
- Shallow-angle dive from side of pool into deep water and begin any stroke
- Head-first surface dives in the water
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water for at least 5 minutes
- Swim all strokes for at least 50 yards (2 lengths)
  - Freestyle
  - Backstroke
  - Breaststroke
  - Elementary Backstroke
  - Side Stroke
- Perform dolphin kick for 25 yards
- Swim butterfly for any length

Participants may move on to the Fitness Swim class after completing the above skills.