

# SOMERVILLE PUBLIC SCHOOLS

## INTRAMURALS

### Introduction to Competitive Swimming Elementary School Grade 3 – 8



- The program will be based around the 4 competitive swim strokes: Freestyle, Backstroke, Breaststroke and Butterfly
- The first day of training will be developing and understanding a good Freestyle swimming stroke, along with showing how to do starts and turns.
- Each day forward we will introduce the next swimming stroke in the order above, while reviewing the previous day's stroke, starts and turns.
- This will give the students a good progression each day to develop strength and endurance while learning a new competitive stroke.

***This class will be from April 9-June 13 on Monday and Wednesday from 4:00-5:00PM – excluding April vacation and holidays.***

*Register at [www.familyid.com/somerville-athletics-intramurals](http://www.familyid.com/somerville-athletics-intramurals)  
Please contact the Kennedy Pool at 617.625.6600 x6676 or  
Dan Curran at 617.625.6600 x6114 for more information.*

#### Program requirements

Able to swim 2 lengths on the pool, any stroke listed above.

Bathing suit

Goggles

Swimming cap or hair pulled back into a pony tail

Towel