The Sharks swim class is for children who have mastered a comfortable, relaxed Freestyle swim with side breathing, and can perform complete Backstroke, Breaststroke and Butterfly strokes. These swimmers are headed toward the Great White Sharks Swim Team, and learn in this class how to fine-tune their techniques. The Sharks swim class is a group of no more than four children between the ages of six to twelve years old.

In this level, instructors begin to prepare swimmers for swim team and competition swimming. New skills are taught, such as bilateral breathing and the breathing for Butterfly and Breaststroke. Techniques such as a good streamline, proper exhalation of air, a good propulsive kick and the proper feel of the water on the arm stroke are the foundations used as a basis for each stroke. We introduce more advanced breathing in all levels of stroke. This class is rich in learning opportunities. The main emphasis in this level is on helping the child achieve the skill and confidence necessary to perform Freestyle side breathing independently. These are skills necessary to advance to the Great White Sharks Swim Team.

**The Goals of the Sharks Class:**
1. Master Freestyle with bilateral breathing
2. Perform flip turn with pushing off the wall into a back streamline
3. Breaststroke and Butterfly progression with breathing

All swimmers need to accomplish these goals before moving to the Great White Sharks Swim Team. We achieve these goals through various games and swimming patterns. Using these techniques, there is room to accommodate individual skill levels. We work on group patterns and taking turns. Focus is on being responsible to watch the instructor and swimming in turn. Instructors continue teaching group movement and focus on hands-on corrections.

Children progress in swimming at their own rate and develop their own style. Many times, it is not according to any timetable an instructor or parent sets up for them. Pressure to perform can often be the biggest roadblock to progress. While our program challenges each swimmer, we try to remove the pressure and make it fun. What we do not want to see is regression! Year round consistency also plays a role in preventing regression.

**The requirements to move to the Great White Sharks Swim Team are:** Demonstrate bilateral breathing; breathing and timing for Breaststroke and Butterfly; and be comfortable with flip turns at the wall.