Barracuda | Advanced Swim Lesson

The Barracuda Advanced Level is designed to improve stroke coordination through advanced instruction of swimming techniques for children 8-12 years old. Children gain skills necessary for Junior Lifeguarding, Aquatic Exploration Camp, and our AquaDucks Novice Swim Team. Below are the skills covered during Barracuda Swim Lessons.

**Prerequisite:** Demonstration of Seal skills.

**Water Entry and Exit**
- Shallow dive from the side, glide two body lengths, begin any front stroke

**Breath Control and Underwater Swimming**
- Swim underwater
- Tuck and pike surface dives

**Buoyancy on Front and Back**
- Survival and back floats

**Changing Direction and Position**
- Flip turn while swimming on front and back

**Treading Water**
- Tread water with two separate kicks

**Swim on Front and Back**
- Front and back crawl
- Butterfly
- Backstroke
- Elementary backstroke
- Sidestroke

**General and Personal Water Safety**
- Survival swimming
- Giving ventilations