The Dolphin Aquatic Exploration Camp participants will gain knowledge and experience in various areas surrounding aquatics for children 10-15 years old. Prepares students for Lifeguard Training, Water Safety Instructor, and our AquaDucks Novice Swim Team. Below are the skills covered during Dolphin Aquatic Exploration Camp.

**Prerequisite:** demonstration of Barracuda skills.

### Endurance Skills
- Front and back crawl
- Breaststroke
- Elementary Backstroke
- Sidestroke
- Butterfly

### Turns
- Open turns– front crawl, backstroke, and sidestroke
- Flip turns– front crawl and backstroke
- Breaststroke and butterfly turns

### Fitness Swimming
- Cooper 12-minute swim test
- Various training techniques– use of pull buoys, fins, paddles
- Water exercise
- Team racing
- Water polo
- Synchronized swimming

### Fundamentals of Diving
- Diving from side– kneeling, compact, stride, standing positions
- Forward dive from diving board
- Approach and hurdle
- Tuck and pike positions

### Personal Water Safety
- Survival and back floats
- Survival swimming
- Basic water safety rules– open water/boating
- Swimming while clothed

### Lifeguard Readiness
- Basic rescue techniques
- Basic CPR/first aid techniques