

- **Butterfly**
- **Backstroke**

- **Breaststroke**
- **Freestyle**

- **Relays**
- **Individual Medley**

Competitive Swimming Lessons

At Covington Aquatic Center

SWIM FASTER

What are Competitive Swimming Lessons?

Competitive Swimming Lessons are designed to bridge the gap between regular swimming lessons and the world of competitive swimming. Classes build upon skills learned in regular swimming lessons and introduce other new skills and training strategies that are relevant to competitive swimming. Classes will focus on stroke refinement, competitive swimming techniques and drills, and developing swimming endurance. Each class will include instruction as well as a coached workout.

Prerequisites?

All participants must be at least the equivalent of Learn-to-Swim level 6 ability level. The class is designed for ages 6 to 14.

Dates, Times, & Cost

For current Competitive Swimming Lesson session dates, class times, and cost information, please contact Covington Aquatic Center. (Scholarships may be available for those with financial limitations that otherwise would not be able to participate.)

3-Ways to Register

For your convenience, registration may be completed online, over the phone, or in-person at the Covington Aquatic Center.

What's Next?

Competitive Swimming Lessons are designed to be taken again and again. At this level of swimming, instruction and improvement is individualized; so there is a benefit each time a swimmer takes the class. We have many swimmers that continue to take this class to work on refining their stroke, increase their swimming endurance, and to reap the health benefits of swimming regularly. There are also opportunities beyond Competitive Swimming Lessons for those swimmers that are eager to explore other swimming opportunities. Swimmers that are 13 years of age or older may enroll in the Advanced Swim Training class, which aims to prepare them for high-school swim team. There are also local club swim teams that practice year-round that have programs for all-ages.

Questions?

If you have any questions or want more information, do not hesitate to call or visit us at the Covington Aquatic Center.



Covington Aquatic Center

Visit us online at www.covingtonwa.gov/cac

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