



**JUNIOR  
GOLDFINS**

# PROGRAM DESCRIPTION & GOALS

The Junior Goldfins Swimming Lesson Program is designed to prepare swimmers to graduate into the Saskatoon Goldfins Swim Club competitive program. The Saskatoon Junior Goldfins program serves as an excellent preparation step for those swimmers who look forward in taking the next step in perfecting swimming technique and building endurance skills.

Swimmers focus on improving technical execution of the four competitive strokes and accompanying competitive skills, while building endurance and speed technique. Swimmers register for appropriate age/stage lesson levels; Novice, Bronze, Silver and Gold.

Endurance and speed requirements increase as swimmers move through the four groups beginning with single 5 - 25M stroke/skill execution, progressing into continuous 100M Freestyle and Backstroke event completion.

Swimmers are taught competitive skills: flip turns, transitions from one stroke into another and dive starts. Although this program is pre-competitive, the program features opportunities for swimmers to embrace competition; learning to race in skill testing events and at the Little Caesars Fun Meets (November 2023, March 2024 and June 2024).

All four stroke segments are introduced in a progressive manner: Freestyle, Backstroke, Breaststroke and Butterfly.

Swimmers are provided with an introduction to the rules of competitive swimming. This program provides a progressive learning scheme to bridge the step between "learning to swim" to "learning to race"!

**OUR GOAL IS  
GRADUATION!**

