



PENGUINS

Competitive Group

Age

5 - 10 years old

Practice

3 times a week

Swim Meets

Eligibility:

- Home
- Novice

Required Skills

- ✓ 25m free
- ✓ 25m back
- ✓ Able to enter and exit the pool safely
- ✓ Able to read a pace clock
- ✓ Able to follow verbal instructions

Group Focus

- Technique focuses on long-axis strokes, with beginning development in short-axis strokes.
- Starts and turns.
- Dryland activities focus on flexibility, coordination and proper body alignment.

Connect with us! Email us with any questions.

✉ office.tcfs@gmail.com

Visit our website for complete program information.

🌐 falcons swim.com