

## Why Focus on Stroke Technique?

Unless you were born with gills, swimming fast is a difficult skill to develop. When you are trying to improve your performance in the water, coaches agree that you need to focus on technique first and then strength. Practice only makes permanent, to approach perfection the goal is to do it right and then do it powerfully.

Teaching swimming technique is not an easy task, but it is technique that separates a good swimmer from a poor one. Neither strength or technique improvements are easy to accomplish, however, continued progress with both factors is critical to continued improvement. The magnitude of these improvements varies as a swimmer develops.

Younger swimmers can become enamored with the rapid improvement from strength gains, but these improvements must be supported by technique development if the swimmer wants to stay competitive. More technically proficient swimmers must work harder for those improvements by balancing strength gains and technique.

## Using Stroke Drill Progressions

Aqua Culture instructors and coaches use stroke drill progressions as part of a total teaching and swimming curriculum which starts with an effective and technically superior learn- to-swim program and progresses to the efficient, powerful execution of strokes in competition.

To incorporate the basic principles of motor learning and neuromuscular adaptation drills must be applied in a progressive sequence. Drills have the capacity to strengthen areas of weakness and maximize the strengths, while coordinating the effective interaction between upper and lower body through core engagement. Swimming is a technique driven sport and observers need to understand that the time spent "drilling" is critical to every swimmer's development.

## Competitive Stroke Development



**Aqua Culture Swim School**

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## Stroke Development

Stroke Development Level 4 classes are designed for swimmers not ready for Stroke or Stroke Lite. These classes are working on the technique and knowledge required to participate in Stroke and Stroke Lite.

## Stroke & Stroke Lite

Weekly 45 - 60 minute stroke technique development class. The emphasis in these classes is on stroke development and refinement through stroke component drills and individualized feedback.

*Assessment required prior to placement.*

## Assessment

All swimmers are assessed prior to placement. The assessment only takes a few minutes and we offer assessments at the following times:

Tues/Thurs 12 pm; 3 pm  
Wed 12pm; 3 pm; 6 pm  
Fri at 6 pm  
Sat 12 pm



Walk-ins are welcome, however it is helpful to make an appointment, but 15 minutes prior to the assessment time is plenty for us to be prepared.

## Stroke Lab & Stroke Lab Beginnings

Stroke Lab is designed for swimmers who already have a mastery of the technical fundamentals for swimming and a strong desire to learn. Stroke Lab puts the emphasis on proper technique as the key to a strong, fast and efficient stroke with time for strength and endurance development. *USA Swimming competitive opportunities*, Pre-Stroke Lab is designed for younger swimmers and swimmers not quite ready for Stroke Lab rigors.

*Dryland Training, Video Stroke  
Analysis, Discussion of  
Nutrition and Injury  
Prevention*



Stroke Lab Session Tuition: \$ 175 (*\$150 for yearly members*)

Session I: Sept thru Dec

Session II: Jan thru Apr

### Sundays

4:30-5:45 pm Pre-Stroke

5:45-7:15 pm Stroke Lab Jr

7:15-8:45 pm Stroke Lab Sr

Requirements:

Swimmers must be enrolled in a weekly 45 - 60 minute stroke or stroke lite class (standard tuition apply)

Swimmers must have a mastery of technical fundamentals and strong desire to learn.

Swimmer eligibility conditional on Aqua Culture swim lesson participation.

*Assessment Required to Determine Placement*



## High School Tune Up

Are you ready for the high school swim season?

Technique & Conditioning \$250

### 8 Weeks ending in November

Wednesday & Friday 7:45 - 9:00 pm

Sunday 3:30 - 4:45 pm

Space Limited! [Info@AquaCultureSwimSchool.com](mailto:Info@AquaCultureSwimSchool.com)  
410-420-7665

Must be able to swim 3 strokes legally.

## Fast Fridays

For swimmers who are ready to develop advanced stroke technique and focused on improving their stroke performance. Should be able to complete all 5 competitive events "mostly" legal.

\$60/month

\$180 for all four months

Sessions will be held every other month;

Oct, Dec, Feb and Apr

6:45 - 7:45 pm or 7:45 - 8:45 pm