



RSTA New Swimmer Evaluation

Practice for 8 and Unders

Warm Up – 2 x 25 free kick w/boards

2 x 25 free swim

2 x 25 back kick

2 x 25 back swim

Cool Down – 2 x 25 choice

Pool entry practice (in diving well)



RSTA New Swimmer Evaluation

Practice for 9-10s

Warm Up – 50 free or 50 choice

4 x 25 free kick w/boards

2 x 50 free swim

2 x 50 free kick

2 x 50 back kick

2 x 50 back swim

Cool Down – 2 x 25 choice

Pool entry practice (in diving well)