

Download Swimming Scientifically Taught

Human swimming typically consists of repeating a specific body motion or swimming stroke to propel that body forward. There are many kinds of strokes, each defining a different swimming style or crawl. Frequently Asked Questions Reliable Answers to Our Most Popular Questions. At Goldfish Swim School, we understand that you may have a lot of questions and we're here to answer all of them.

A) SPL is high and time is high = high SWOLF and inefficient swimming
B) SPL is high and time is low = medium SWOLF and improved efficiency
C) SPL is low and time is high = medium SWOLF and very efficient swimming

Why Choose Calvary Christian Academy? As one of the leading private schools in Chula Vista, Calvary Christian Academy offers a comprehensive program balanced in college preparatory academics, competitive athletics, compelling arts and a Christ-centered environment.