

PAQ = Aquatics

(Swimming)

Aquatics: This course is done in the **pool**. Any level of swimmer is welcome. You will learn to swim, become efficient at each stroke, learn various water entries, become water smart and safe, and learn some lifesaving skills.

This course is both an **individual** and **group** activity course that includes improvement in water movement skills, strength training through participation in and out of the water.

Activities include: stroke development, water games, water fitness, swimming skills, dryland training, lifesaving scenarios, etc.

Offered in grade: 10 & 11