

# La Pietra Sixth Grade Swimming 2025

(updated 9/5/25)



**Coach: Emma Rolland**

- Former Swim Instructor for Leahi Swim School
- LP Graduate

## Goals for the next 4 weeks:

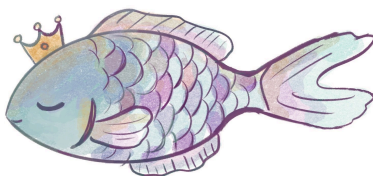
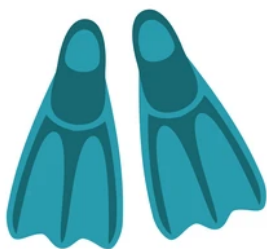
- ☐ Have fun and spend time with friends!
- ☐ Practice the proper techniques for the four strokes.
- ☐ Improve personal records (PRs) for different distances.
- ☐ Strengthen their bodies.
- ☐ Learn safety techniques to deal with situations in the pool.

## 7 sessions:

*Starts on August 13<sup>th</sup> – September 10<sup>th</sup> 3:15 PM – 4:30 PM @ La Pietra Pool*

*Practice dates: Aug. 13, 20, 22, 27, 29 & Sept. 3, 5, 10, 12*

*Time Trials on August 27<sup>th</sup> & September 10<sup>th</sup> 3:15 PM – 4:30 PM*



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