



Levels swimming

<u>open for all</u>	Learn to swim No prerequisites – for anyone who cannot swim	
<u>N1</u>	Courses Ready to front Crawl N1 Participants must be able to swim at least 100 meters at a time in deep water. Crawlcourse N1 Participants must be able to swim at least 200 meters at a time in deep water. They should also be able to submerge their heads under water without any problems.	Training Startertraining N1
<u>N2</u>	Crawlcourse N2 Technique course N2 Participants have already mastered the front crawl with correct, regular breathing and can swim at least 200 meters of front crawl at a time in deep water.	Training / Allround N2 Same prerequisites as N2 courses. In addition, they are expected to be proficient in at least one other swimming style (breaststroke or backstroke). Speed: ability to swim 100 meters in two minutes.
<u>N3</u>	Crawlcourse N3 Butterflycourse N3 Courses: Good knowledge of front crawl swimming. Participants should be able to do front crawl for 300 meters with regular and technically correct breathing and have previously completed the N2 front crawl course.	Training / Allround N3 Training: In addition, they are expected to be proficient in at least one other swimming style (breaststroke or backstroke). Speed: ability to swim 100 meters in 1 minute and 50 seconds
<u>N4</u>	Allround N4 Training/all-round/in-depth skills in all swimming styles. The training is suitable for former competitive swimmers and triathletes. Speed: Participants should be able to swim a series, e.g. 6 x 100 meters within 1 minute and 45 seconds.	