

## **ABSTRACT**

### **Title:**

Swimming level classification of young school age children and their success in a long distance swimming test

### **Work objectives:**

The outcome of our work is comparison and evaluation of the initial and final swimming length in a test of long distance swimming. This test is taken during one swimming course.

### **Methodology:**

Data which were obtained by testing a certain group of people and were statistically processed, showed the swimming level and performance of the young school age children. We determined an improvement, a downgrade or a stagnancy of swimming level of the young school age children in the test of long distance swimming before and after each swimming course at the Jablonec nad Nisou swimming school.

### **Results:**

As a result we detected a change in swimming length in the test of continuous swimming of young school age children. Children demonstrated an improvement of swimming performance at the end of the swimming class. Further more, the results showed us differences in swimming length among children from the second and third grade.

### **Key words:**

Swimming, young school age, endurance skills