

SCHOOL/GROUP SWIMMING PROGRAMME



DATE	BEG -ADV.BEG	IMPROVERS
WEEK 1	Skills + Front Crawl	Skills + Front Crawl
WEEK 2	Skills + Back Crawl	Skills + Back Crawl
WEEK 3	Skills + Breast Stroke	Skills + Breast Stroke
WEEK 4	Skills + Butterfly	Skills + Butterfly
WEEK 5	Water Safety Week +	Skills All Groups
Week 6	Skills + Front Crawl	Skills + Front Crawl
Week 7	Skills + Back Crawl	Skills + Back Crawl
Week 8	Skills + Breast Stroke	Skills + Breast Stroke
Week 9	Skills + Butterfly	Skills + Butterfly
Week10	Water Safety Week +	Skills All Groups
Week 11	Skills + Front Crawl	Skills + Front Crawl
Week 12	Skills + Back Crawl + Water Slides(play time)	Skills + Back Crawl + Water Slides(play time)
Week 13	Skills + Breast Stroke	Skills + Breast Stroke
Week 14	Skills + Butterfly	Skills + Butterfly
Week 15	Water Safety Week +	Skills All Groups
Week 16	Skills + Front Crawl	Skills + Front Crawl
Week 17	Skills + Back Crawl	Skills + Back Crawl
Week 18	Skills + Breast Stroke	Skills + Breast Stroke
Week 19	Skills + Butterfly	Skills + Butterfly
Week 20	Water Safety Week +	Skills All Groups
Week 21	Skills + Front Crawl	Skills + Front Crawl
Week 22	Skills + Back Crawl	Skills + Back Crawl
Week 23	Skills + Breast Stroke + Water Slides(play time)	Skills + Breast Stroke + Water Slides(play time)