



Saints Swim Club

Autumn Programme schedule



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 th August	2	3	4	5	6	7
26 th August	3	4	5	6	7	8
2 nd September	4	5	6	7	8	9
9 th September	5	6	7	8	9	10
16 th September	6	7	8	9	10	1
23 rd September	7	8	9	10	1	2
30 th September	8	9	10	1	2	3
7 th October	9	10	1	2	3	4
14 th October	10	1	2	3	4	5
21 st October	1	2	3	4	5	6

Week 1 - Fitness and Stamina

Week 3 - Water Polo

Week 5 - Surf lifesaving/Water rescue

Week 7 - Rookie Lifeguard

Week 9 - Challenge and awards week

Week 2 - Butterfly and Breaststroke technique session

Week 4 - Breaststroke and Backstroke technique session

Week 6 - Backstroke and Frontcrawl technique session

Week 8 - Frontcrawl technique and race/sprint session

Week 10 - Fun session