Saints Swim Club

Winter Programme schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Week Commencing** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 28th October | 1 | 2 | 3 | 4 | 5 | 6 |
| 4th November | 2 | 3 | 4 | 5 | 6 | 7 |
| 11th November | 3 | 4 | 5 | 6 | 7 | 8 |
| 18th November | 4 | 5 | 6 | 7 | 8 | 9 |
| 25th November | 5 | 6 | 7 | 8 | 9 | 10 |
| 2nd December | 6 | 7 | 8 | 9 | 10 | 1 |
| 9th December | 7 | 8 | 9 | 10 | 1 | 2 |
| 16th December | 8 | 9 | 10 | 1 | 2 | 3 |
| 23rd December  | 9 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 30th December  | CLOSED | CLOSED | CLOSED | 1 | 2 | 3 |

Session 1 – Butterfly – Drills and aerobic fitness Session 2 – Backstroke drills and aerobic fitness

Session 3 – Breaststroke drills and technique Session 4 – Frontcrawl drills and technique

Session 5 – Water Polo Session 7 – Butterfly and Backstroke speed and sprints

Session 7 – Breaststroke and frontcrawl speed and sprints Session 8 – Strength and circuit training

Session 9 - Aerobic stamina Session 10 – Lifesaving/Coaches choice