

Turtles 10 Week

Programme schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Week Number** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 3rd January | CLOSED | 3 | 4 | 5 | 6 | 7 |
| 10th January | 3 | 4 | 5 | 6 | 7 | 8 |
| 17th January | 4 | 5 | 6 | 7 | 8 | 9 |
| 24th January | 5 | 6 | 7 | 8 | 9 | 10 |
| 31st January | 6 | 7 | 8 | 9 | 10 | 1 |
| 7th February | 7 | 8 | 9 | 10 | 1 | 2 |
| 14th February | 8 | 9 | 10 | 1 | 2 | 3 |
| 21st February | 9 | 10 | 1 | 2 | 3 | 4 |
| 28th February | 10 | 1 | 2 | 3 | 4 | 5 |
| 7th March | 1 | 2 | 3 | 4 | 5 | 6 |

Week 1 - Butterfly – Drills and Techniques Week 2 - Backstroke – Drills and Techniques

Week 3 - Breaststroke – Drills and Techniques Week 4 - Frontcrawl – Drills and Techniques

Week 5 – Water Skills / Diving Week 6 - Backstroke – Drills and Techniques

Week 7 – Water Polo Week 8 - Frontcrawl technique and race/sprint session

Week 9 – Start and finish training / Tumble Turns Week 10 – Personal Survival 1 / Life Saving