

SWIMNASTICS PROGRAM

Swimnastics Self-Directed Check List Term 4 Squad Program

This is a guide and is aimed at junior and senior swimmers. Mini squad swimmers should focus on Fundamentals activation and handstand worksheet with their parents. All videos and resources will be provided to swimmers and parents through a login portal every three weeks.

Week 1 to 3

Swimming Activation – Session 1 (Online Videos 2 x 15 mins)	Once Per Week
Express Strech Videos (Online Videos and Resources 15 mins)	Three Days Per Week
Athleticism Workbook – 1 (Online Copy to Print 45 mins)	Once Per Week
Fundamentals Activation (Sheet Provided 15 mins)	Before Swim Session

*3 Bonus Videos provided if you would like to engage with more sessions

*Hand stand and tumble worksheet for extension

Completed – Are You Ready to Move to Next Set

Yes

No

Week 4 to 6

Swimming Activation – Session 2 (Online Videos 2 x 15 mins)	Once Per Week
Express Strech Videos (Online Videos and Resources 15 mins)	Three Days Per Week
Athleticism Workbook – 2 (Online or Print Copy 45 mins)	Once Per Week
Fundamentals Activation (Sheet Provided 15 mins)	Before Swim Session

*3 Bonus Videos provided if you would like to engage with more sessions

*Hand stand and tumble worksheet for extension

Completed – Are You Ready to Move to Next Set

Yes

No

Week 6 to 9

Swimming Activation – Session 3 (Online Videos 2 x 15 mins)	Once Per Week
Express Strech Videos (Online Videos and Resources 15 mins)	Three Days Per Week
Athleticism Workbook – 3 (Online or Print Copy 45 mins)	Once Per Week
Fundamentals Activation (Sheet Provided 15 mins)	Before Swim Session

*3 Bonus Videos provided if you would like to engage with more sessions

*Hand stand and tumble worksheet for extension

Completed – Are You Ready for the Swimnastics Challenge

Yes

No

