

FIT FOR LIFE SWIMMING
Tentative Calendar
Fall 2009

Day 1	Introduction: Syllabi and Safety Facility Orientation and Overview
Day 2	Safety Review, SKILL ASSESMENT IN H2O 500 METER
Day 3	FRONT CRAWL 600
Day 4	FRONT CRAWL 700
Day 5	BACK STROKE 800
Day 6	BREASTSTROKE 800
Day 7	SIDE STROKE (RIGHT AND LEFT RESCUE STROKE)
Day 8	BUTTERFLY 100 FRONT CLAWL 100, BREAST 100, BACK STROKE 100, SIDE STROKE 100 (50 R AND 50 L)
Day 9	SWIM ASSESMENT 1,100 METER
Day 10	TURNS AND STARTS 600 METERS
Day 11	SURFACE DIVES AND TREADING
Day 12	WATER SAFETY
Day 13	FRONT CRAWL 200, BREAST 200, BACK STROKE 200, BUTTERFLY 100
Day 14	PADDLE BOARD ARMS ONLY FRONT CRAWL 200 METERS, LEGS 200
Day 15	I.M. BUTTER FLY 50, BACK 100, BREAST 200, FRONT CRAWL 300
Day 16	SIDE STROKE VICTUM DRAG PARTNERS 300 (150 R AND 150 L)
Day 17	STARTS AND TRUNS 500 METERS
Day 18	FRONT CRAWL 700
Day 19	FRONT CRAWL 800
Day 20	FRONT CRAWL 100, BACK 200, BREAST 300, BUTTERFLY 100
Day 21	IM PARTICIPANTS CHOICE FOR 1000 METER
Day 22	IM PARTICIPANTS CHOICE 1100 METER
Day 23	IM PARTICIPANTS CHOICE 1100 METER
Day 24	SWIMMING FIELD TEST 1,100
Day 25	SWIMMING FIELD TEST 1,100
Day 26	FLOATING, TREADING, DIVING
Day 27	POLO ANY ONE SHARKES
Day 28	POLO
Day 29	Review
Day 30	Final exam

****"INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES TO THE ABOVE SCHEDULE"****

Revised fall 09