

CRESCENT BEACH SWIMMING CLUB

INTRODUCTION TO DEVELOPMENTAL SWIMMING PROGRAM

SUMMER 2018

Hello CBSC!

I hope you all had an amazing winter and that swimmers are ready to hop in the water! We have a new **Intro To Developmental Swim** program lined up for summer 2018. The Introduction To Developmental Swim coaches are looking forward to working with the swimmers this summer to have the best summer yet.

This hand out contains all the information you will need to know including dates, times and structure of the program. All information in this handout will also be accessible on our website. If you have any further questions about the program feel free to contact Head Developmental Swim Coach Kendra or the other coaches.

Introduction to Developmental Program / Fee: \$85 per month

Head Developmental Coach: Kendra Lukas

E-mail: KLukas84@mychs.ca

Developmental Swim Coach: Josh Seto

This training program is aimed towards those ready to do more than 25 minute lessons, but not quite ready for the large Developmental class. Must be able to swim 200 meters without assistance and have a good grasp of all four strokes (freestyle, backstroke, breaststroke and butterfly). The suggested age is 6 to 7 years old. This is an introduction to developmental swimming and later continuing on to a higher level of developmental and competitive swimming. Training is once a day, MTThF.

Weekly Training Model: Introduction to Developmental

Time	Monday	Tuesday	Thursday	Friday
1:00pm to 1:15pm	Dryland and stretching	Dryland and stretching	Dryland and stretching	FUN Dryland and stretching (bring running shoes)
1:15pm to 1:45pm	Swim Training	Swim Training	Swim Training	Swim Training
1:45pm to 2:00pm	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus