SWIM SUPERB

BUILDING CONFIDENT SWIMMERS

16 WEEK SWIM PROGRAM

Week	Theme	Main focus
WEEK 1 AND 2	PIRATES / NURSERY RHYMES	FRONT CRAWL / FRONT PADDLE
WEEK 3 AND 4	ANIMALS / UNDER THE SEA	BACK STROKE / BACK PADDLE
WEEK 5	TRANSPORT	PROGRESS UPDATE & DISTANCE
WEEK 6 AND 7	FARM / SPACE	BREAST STROKE / FRONT PADDLE
WEEK 8 AND 9	DINOSAURS / NUMBERS	BUTTERFLY / BACK PADDLE
WEEK 10	JUNGLE	STROKE & SKILL CHOICE
WEEK 11	STORY (I.E. THE GRUFFALO)	PROGRESS UPDATE & DISTANCE
WEEK 12	CONSTRUCTION	FRONT CRAWL / BREAST STROKE
WEEK 13	SUPERHEROES	BACK STROKE / BUTTERFLY
WEEK 14	WEATHER	STAGES
WEEK 15	TV SHOW (I.E. BLUEY)	DISTANCES
WEEK 16	BEACH	WATER SAFETY (PJs)