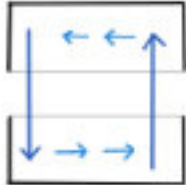


Activities & Challenges

Glides with support → Independent glides → Rolling Twist

Glide from bench to bench with floating support

- Kickboard
- Barbell
- Instructor



Glide without support to an instructor or flags.

- Streamline + 3 Free strokes
- Streamline on surface on back + 3 Back strokes
- SL + 5 Free strokes and 1 breath



Rolling Twist:

Streamline on the surface or underwater. Repeat 4 x.

While doing the streamline roll along the spinal axis by twisting the hips.

Stay in streamline.

Success = 2 full rotations.

Streamline → SL + FR/BK → Flip at Wall

Starting at the wall, do a streamline on the surface or underwater.

Can be from a bench to bench or from wall to instructor.

Focus on moving a short distance without support.



Streamline + Swim

After a streamline do some swimming.

- 3 Front crawl arms starting & finish in position 11.
- 3 Back crawl arms starting & finishing in soldier.



Challenge - Flip facing wall

Front flip as close to wall as possible. Paint toes on wall.

- Target the + sign and place both feet on the horizontal line.



1 length → Circle Swim → Dancing Party

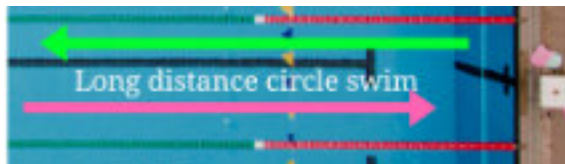
Position 11 with fins or with a kick board for 1 length of your pool.

Focus on going down on the right side of the lane.

Avoid crossing over the line on the bottom.

Kick with a board or do Position 11 for 5 Kicks + 1 Free arm stroke.

Focus on going down on the right, returning on the right (other side), like driving.



Challenge - Dance Party:

In water all can stand in:

- Dance to the "T" mark
- Move over along the top of the "T"
- Dance backwards back to the wall.
- Keep going for 5 rounds.
- Change dance each round.