**Swim for Fitness**

TTL coaches take a scientific approach to swimming. We believe in providing knowledge, motivation, confidence and support for any athlete who wants to improve his or her swimming abilities. The secret of swimming lies in proper technique and efficiency to move through the water with speed and efficiency. We keep our class sizes low so our coaches can maximize the time spent on one-to-one instruction. We offer three instruction times this winter:

6:00 AM - 7:00 AM (TR

5:00 PM - 6:00 PM (MW)

5:00 PM - 6:00 PM (TR)

**Course Outline**

Arrive at the 10 minutes before class to ensure that swim instruction begins on schedule.

Week 1

Swim Evaluation

Posture

Stroke Assessment

Endurance Measure

Stretching Exercises

Body Position Drills

Week 2

Sculling Drills

Body Rotation Drills

Arm Position Drills

Week 3

Breathing Techniques

Kick board Workouts

Sculling Drills

Mid-class Assessment

Week 4

Endurance Drills

Body Position Drills

Kick board Workouts

Sculling Drills 2

Week 5

Sprint Techniques

Body Rotation Drills

Relay Races

Week 6

Endurance Swim

Final Assessment

Posture

Stroke Assessment

Endurance Measure