**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