

SWIMMING TRAINING CAMP FOR STUDENTS/YOUTH (BOYS & Girls)

24 Jun - 05 Jul 2024

(Boys Time - 09:00am to 10:30am)

(Girls Time - 03:00pm to 04:30pm)

Free Style

Ser	Day/Date	Subject	Timings 60-75 Mins	Remarks
1.	Mon 24 Jun 24	1. Introduction of Participants 2. Defining categories of participants 3. Stretching/Warmup 4. Intro of all strokes 5. Swimming Drills a. Splash fun b. Balancing c. Streamline d. Floating 6. Cool Down	2-3 Min 2-5 Min 5-7 Min 3-5 Min 45-60 Min 3-5 Min	
2.	Tue 25 Jun 24	1. Introduction 2. Stretching/Warmup 3. Swimming Drills a. Land Exercise b. Balancing c. Breathing d. Floating e. Flutter Kick 4. Cool Down	2-3 Min 5-7 Min 50-60 Min 3-5 Min	

3.	Wed 26 Jun 24	1. Stretching/Warmup 2. Swimming Drills (Revision) <ul style="list-style-type: none"> a. Land Exercise b. Balancing c. Breathing d. Floating e. Flutter Kick 3. Arm Action Intro 4. Cool Down	2-3 Min 5-7 Min 50-60 Min 3-5 Min	
4.	Thu 27 Jun 24	1. Stretching/Warmup 2. Swimming Drills <ul style="list-style-type: none"> a. Land Exercise b. Catch c. Pathway d. Final Sweep e. Recovery f. Flutter Kick 4. Cool Down	2-3 Min 5-7 Min 50-60 Min 3-5 Min	
5.	Sat 29 Jun 24	1. Warmup 2. Stretching 3. Swimming Drills <ul style="list-style-type: none"> a. Land Exercise b. Kick & Pulls c. Zipper Exercise d. Catch/In Sweep/Out Sweep e. Recovery 4. Cool Down	2-3 Min 5-7 Min 50-60 Min 3-5 Min	

6.	Sun 30 Jun 24	1. Introduction	2-3 Min	
		2. Stretching/Warmup	5-7 Min	
		3. Swimming Drills	50-60 Min	
		a. Land Exercise		
		b. Arm Movement		
		c. Zipper Exercise		
		d. Catch/Pathway/Final Sweep		
		e. Recovery		
		4. Full Stroke Free Style Check	3-5 Min	

Back Stroke/ Breast Stroke

7.	Mon 1 st Jul 24	1. Introduction	2-3 Min	
		2. Stretching/Warmup	5-7 Min	
		3. Swimming Drills	50-60 Min	
		a. Land Exercise		
		b. Back Arms Catch/In Sweep Out Sweep		
		c. Back Kick/ Flutter Kick		
		d. Catch/Pathway/Final Sweep		
		e. Recovery		
		4. Cool Down	3-5 Min	
8.	Tue 2 nd Jul 24	1. Introduction	2-3 Min	
		2. Stretching/Warmup	5-7 Min	
		3. Swimming Drills	50-60 Min	
		a. Land Exercise		
		b. Arm Movement		
		c. Breast Catch/Gliding		

		<ul style="list-style-type: none"> d. Intro Frog Legs e. Recovery <p>4. Cool Down</p>	3-5 Min	
9.	<p>Wed 3rd Jul 24</p>	<ul style="list-style-type: none"> 1. Introduction 2. Stretching/Warmup 3. Swimming Drills <ul style="list-style-type: none"> a. Intro to Somersault/Diving b. Backstroke Floating c. Kick and Pulls with Board d. Catch/Pathway/Final Sweep e. Recovery 4. Cool Down 	<p>2-3 Min</p> <p>5-7 Min</p> <p>50-60 Min</p> <p>3-5 Min</p>	
10.	<p>Thu 4th Jul 24</p>	<ul style="list-style-type: none"> 1. Introduction 2. Stretching/Warmup 3. Swimming Drills <ul style="list-style-type: none"> a. Intro to Somersault/Diving b. Free/Back /Breast stroke Floating c. Kick and Pulls with Board d. Catch/Pathway/Final Sweep e. Recovery f. Queries 4. Cool Down 	<p>2-3 Min</p> <p>5-7 Min</p> <p>50-60 Min</p> <p>3-5 Min</p>	
11.	<p>Fri 05 Jul 24</p>	Closing Ceremony		