

## Syllabus of Swimming

### Total 30 session

#### For Beginners:

- Awareness of importance of learning swimming.
- Awareness about safety rules during swimming.
- Making awareness to parents about dieting before & after swimming.

#### 1<sup>st</sup> five sessions

- Kicking practice by holding wall.
- Breathing practice by holding wall.
- Removing scares.

#### 6<sup>th</sup> session onwards

- Swimming practice with kicking only (with float).
- Breathing practice while swimming with kicking (with float).

#### 10<sup>th</sup> session onwards

- Teaching hand moment.
- Swimming practice with hand moment (with float)
- Breathing practice while swimming with hand moment (with float).

#### 15<sup>th</sup> session onwards

- Swimming practice with both hands legs moment together (with float)
- Breathing practice while swimming with both legs kicking & arm pulling (with float)

#### 20<sup>th</sup> session onwards

- Swimming practice with both legs kicking & arms pulling (with float)
- Teaching pulling techniques

#### 25<sup>th</sup> session onwards

- Swimming with both legs kicking & arm pulling (with out float)

#### 28<sup>th</sup> – 30<sup>th</sup> session onwards

- Swimming with both legs kicking & arm pulling (with out float)

## **For Advanced**

Teaching of Strokes – free styles, back stroke, breast stroke & butter fly.

Strength & Stamina build up, endurance development,

Starting Practice - jumping start & Diving start

Turning practice - Touch and turn & Summer Sault Turning.

Under water swimming practice.