

term 1
2010



Aquatots
specialists in infant aquatics

Week	Dates	Parent & Child	Octopus	Frogs - Dolphins	Sharks	Whales
1	29 Jan – 4 Feb	Theme – Bubbles & Balls Introduction for new starters and restart for continuing students	Introduction to breath control, floating and kicking, arm circles for those in Octopus Gold	Introduction to floating, breath control, kicking and arm circles	Basic breathing patterns and co-ordination	Breaststroke legs, review freestyle Orca's – butterfly legs
2	5 – 11 Feb	Theme – Bubbles & Balls Each week our focus will include breath control, submersion, buoyancy, propulsion and water safety	We will be practicing the skills learnt in week 1	The children repeat the skills learnt in week 1	More practice with breathing and co-ordination	Breaststroke legs and review backstroke Orca's – butterfly legs
3	12 – 18 Feb	Theme – Kids at Work	Heads underwater, gliding and kicking, backstroke for Golds	Floating and back work, rolling and backstroke	Advanced mechanics for backstroke	Breaststroke arms freestyle Orca's - arms
4	19 – 25 Feb	Theme – Kids at Work	Building on our week 3 skills	Building on our week 3 skills	Backstroke and freestyle	Breaststroke arms backstroke Orca's - arms
5	26 Feb – 4 Mar	SAFETY WEEK	FOR EVERY	CLASS THIS	WEEK	Please come dressed in old clothes
6	5 – 11 Mar	Theme – Dinosaurs	Front and back floating, kicking and breathing	Gliding, rockets and freestyle	Freestyle, backstroke and breaststroke	Breaststroke breathing Orca's – full stroke for Butterfly
7	12 – 18 Mar <i>Black Mountain Term 2 changes applications due</i>	Theme – Dinosaurs	Gliding, kicking and breathing	Gliding, kicking and freestyle	Freestyle, backstroke and breaststroke	Breaststroke breathing Orca's – full stroke
8	19 – 25 Mar <i>Gold Creek Term 2 changes applications due</i>	Theme – Easter	Gliding, kicking, on their front and back, freestyle, backstroke	Gliding, kicking, freestyle and backstroke	Freestyle, backstroke and butterfly	Breaststroke, free & back, turns & starts Orcas – all strokes
9	26 Mar – 1 Apr <i>No lessons 2, 3 4 April</i>	Theme – Easter	Gliding, kicking, all strokes	Gliding, kicking, all strokes	Freestyle, backstroke and butterfly	Breaststroke, free & back, turns & starts Orcas – all strokes
10	5 Apr – 10 Apr	SUPER Water Obstacle Course	CIRCUIT Lesson time and fun activities	WEEK FOR Lesson time and fun activities	ALL Lesson time and fun activities	CLASSES Lesson time and fun activities