PROGRAMME FOR THE 2006 - 2007 SWIMMING SEASON
RUN IN LINE WITH THE N.P.T.S.

CYCLE & WK No	DATE	STATION 1	STATION 2	STATION 3	STATION 4	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9	STATION 10
ONE / 1	03/09/2006			F/C - jumps	FLY - floatation	B/C - jumps & treading water	BR/S - surface dives	F/C - various jumps	FLY - treading water	B/C - various jumps	BR/S
ONE / 2	10/09/2006			BR/S - flotation & submersion	F/C - submersion + retrieval	FLY - floatation	B/C - floatation	BR/S - surface dives	F/C - back somersaults	FLY - push glide, streamline	B/C
ONE / 3	17/09/2006			B/C - sculling	BR/S - push glide streamline	F/C - push glide streamline	FLY - underwater swims	B/C - push glide somersault	BR/S - handstands	F/C - back & front somersault	FLY
ONE / 4	24/09/2006			FLY - jumps	B/C - flotation	BR/S - treading water	F/C - treading water	FLY - head & feet 1st sculling	B/C - various jumps	BR/S - underwater swims	F/C
ONE / 5	01/10/2006			F/C - flotation & submersion	FLY - somersaults	B/C - sculling	BR/S - push glide streamline	F/C - various jumps	FLY - treading water	B/C - sculling	BR/S
ONE / 6	08/10/2006			BR/S - sculling	F/C - submersion + retrieval	FLY - rotation	B/C - surface dives	BR/S - push glide somersault	F/C - back somersaults	FLY - underwater retrieval	B/C
ONE / 7	15/10/2006	ACTIVITY	ACTIVITY	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK
ONE / 8	22/10/2006			F/C - jumps	BR/S, floatation, stand position	F/C - jumps & flotation	FLY - floatation	B/C - surface dives	BR/S - handstands	F/C - back & front somersault	FLY
ONE / 9	29/10/2006			FLY - flotation & submersion	B/C - push glide streamline	BR/S - treading water	F/C - underwater swims	FLY - head & feet 1st sculling	B/C - various jumps	BR/S - various jumps	F/C
ONE / 10	05/11/2006			B/C - sculling	FLY - somersaults	B/C - sculling	BR/S - treading water	F/C - push glide somersault	FLY - back somersaults /h'stand	B/C - sculling	BR/S
ONE / 11	12/11/2006			BR/S - teachers choice	F/C - teachers choice	FLY - teachers choice	B/C - teachers choice	BR/S - teachers choice	F/C - teacher's choice	FLY - teacher's choice	B/C
ONE / 12	19/11/2006	LEVEL 1 TEST WEEK	LEVEL 2 TEST WEEK	LEVEL 3 & 4 TEST WEEK	LEVEL 3 & 4 TEST WEEK	LEVEL 5 TEST WEEK	LEVEL 6 TEST WEEK	LEVEL 7 TEST WEEK	LEVEL 8 TEST WEEK	LEVEL 9 TEST WEEK	LEVEL 10 + TEST WEEK
TWO / 1	26/11/2006			B/C - jumps	FLY - floatation	B/C - jumps & treading water	BR/S - surface dives	F/C - various jumps	FLY - treading water	B/C - various jumps	BR/S
TWO / 2	03/12/2006			BR/S - flotation & submersion	F/C - submersion + retrieval	FLY - floatation	B/C - floatation	BR/S - surface dives	F/C - back somersaults	FLY - push glide, streamline	B/C
TWO / 3	10/12/2006			B/C - sculling	BR/S - push glide streamline	F/C - push glide streamline	FLY - underwater swims	B/C - push glide somersault	BR/S - handstands	F/C - back & front somersault	FLY
TWO / 4	17/12/2006			FLY - contrast JUMPS	B/C - flotation	BR/S - treading water	F/C - treading water	FLY - head & feet 1st sculling	B/C - various jumps	BR/S - underwater swims	F/C
	24/12/2006	C	H	R	I	S	T	M	A	S	EVE
	31/12/2006	N	E	W	*	Y	E	A	R	S	EVE
TWO / 5	07/01/2007			F/C - flotation & submersion	FLY - somersaults	B/C - sculling	BR/S - push glide streamline	F/C - various jumps	FLY - treading water	B/C - sculling	BR/S
TWO / 6	14/01/2007			BR/S - sculling	F/C - submersion + retrieval	FLY - rotation	B/C - surface dives	BR/S - push glide somersault	F/C - back somersaults	FLY - underwater retrieval	B/C
TWO / 7	21/01/2007			SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS	SWIM WITH THE SHARKS
TWO / 8	28/01/2007			B/C - jumps	BR/S, floatation, stand position	F/C - jumps & flotation	FLY - floatation	F/C - various jumps	BR/S - handstands	F/C - back & front somersault	FLY
TWO / 9	04/02/2007			FLY - flotation & submersion	B/C - push glide streamline	BR/S - treading water	F/C - underwater swims	BR/S - surface dives	B/C - various jumps	BR/S - various jumps	F/C
TWO / 10	11/02/2007			F/C - sculling	FLY - somersaults	B/C - sculling	BR/S - treading water	B/C - push glide somersault	FLY - back somersaults /h'stand	B/C - sculling	BR/S
TWO / 11	18/02/2007			BR/S - teachers choice	F/C - teachers choice	FLY - teachers choice	B/C - teachers choice	FLY - head & feet 1st sculling	F/C - teacher's choice	FLY - teacher's choice	B/C
TWO / 12	25/02/2007			LEVEL 3 & 4 TEST WEEK	LEVEL 3 & 4 TEST WEEK	LEVEL 5 TEST WEEK	LEVEL 6 TEST WEEK	LEVEL 7 TEST WEEK	LEVEL 8 TEST WEEK	LEVEL 9 TEST WEEK	LEVEL 10 + TEST WEEK
THREE / 1	04/03/2007			F/C - jumps	FLY - floatation	B/C - jumps & treading water	BR/S - surface dives	F/C - various jumps	FLY - treading water	B/C - various jumps	BR/S
THREE / 2	11/03/2007			BR/S - flotation & submersion	F/C - submersion + retrieval	FLY - floatation	B/C - floatation	BR/S - surface dives	F/C - back somersaults	FLY - push glide, streamline	B/C
THREE / 3	18/03/2007			B/C - sculling	BR/S - push glide streamline	F/C - push glide streamline	FLY - underwater swims	B/C - push glide somersault	BR/S - handstands	F/C - back & front somersault	FLY
THREE / 4	25/03/2007			FLY - jumps	B/C - flotation	BR/S - treading water	F/C - treading water	FLY - head & feet 1st sculling	B/C - various jumps	BR/S - underwater swims	F/C
THREE / 5	01/04/2007			F/C - flotation & submersion	FLY - somersaults	B/C - sculling	BR/S - push glide streamline	F/C - various jumps	FLY - treading water	B/C - sculling	BR/S
THREE / 6	08/04/2007			BR/S - sculling	F/C - submersion + retrieval	FLY - rotation	B/C - surface dives	BR/S - push glide somersault	F/C - back somersaults	FLY - underwater retrieval	B/C
THREE / 7	15/04/2007			YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH	YOUR TURN TO TEACH
THREE / 8	22/04/2007			B/C - jumps	BR/S, floatation, stand position	F/C - jumps & flotation	FLY - floatation	B/C - surface dives	BR/S - handstands	F/C - back & front somersault	FLY
THREE / 9	29/04/2007			FLY - flotation & submersion	B/C - push glide streamline	BR/S - treading water	F/C - underwater swims	FLY - head & feet 1st sculling	B/C - various jumps	BR/S - various jumps	F/C
THREE / 10	06/05/2007			F/C - sculling	FLY - somersaults	B/C - sculling	BR/S - treading water	F/C - push glide somersault	FLY - back somersaults /h'stand	B/C - sculling	BR/S
THREE / 11	13/05/2007			BR/S - teachers choice	F/C - teachers choice	FLY - teachers choice	B/C - teachers choice	BR/S - teachers choice	F/C - teacher's choice	FLY - teacher's choice	B/C
THREE / 12	20/05/2007			LEVEL 3 & 4 TEST WEEK	LEVEL 3 & 4 TEST WEEK	LEVEL 5 TEST WEEK	LEVEL 6 TEST WEEK	LEVEL 7 TEST WEEK	LEVEL 8 TEST WEEK	LEVEL 9 TEST WEEK	LEVEL 10 + TEST WEEK
FOUR / 1	27/05/2007			I.M. - contrast ROLY POLYS	I.M. - roly polys	I.M. - competitive starts	I.M. - competitive starts				
FOUR / 2	03/06/2007			FLY - contrast STREAMLINING	FLY - push glide streamline	FLY - competitive turns	FLY - competitive turns				
FOUR / 3	10/06/2007			B/C - contrast SCULLING	B/C - sculling	B/C - sculling	B/C - sculling	SPEED SWIM AWARDS	SPEED SWIM AWARDS	SPEED SWIM AWARDS	SPEED SWIM AWARDS
FOUR / 4	17/06/2007			BR/S - contrast SWIM UNDER	BR/S - underwater swims	BR/S - competitive starts	BR/S - competitive starts				
FOUR / 5	24/06/2007			F/C - contrast PUSH, GLIDE	F/C - push glide streamline	F/C - competitive turns	F/C - competitive turns				
FOUR / 6	01/07/2007			DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD	DISTANCE SWIM AWARD
FOUR / 7	08/07/2007			WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK	WATER POLO /ACTIVITY WK
FOUR / 8	15/07/2007			SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING	SKILLS, DRILLS, LIFESAVING
FOUR / 9	22/07/2007			RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS	RACE THE TEACHERS
FOUR / 10	29/07/2007			PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL	PLAYTIME FOR ALL