



*Pool & Club*

# RV POOL & CLUB

376/1 ABHINANDAN NAGAR SUHKLIYA, INDORE-452010

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## Swimming Quarterly Course

### Month 1:

#### Introduction to Water and Basic Floating Skills

##### 1. Week 1: Water Familiarization

- Introduction to the swimming pool environment
- Water entry and exit techniques
- Getting comfortable in the water

##### 2. Week 2: Floating Basics

- Front and back float positions
- Assisted floating with instructor support
- Importance of breathing control

##### 3. Week 3: Introduction to Flutter Kick

- Flutter kick techniques
- Floating with flutter kick
- Introduction to water safety rules

##### 4. Week 4: Introduction to Arm Movements

- Basic arm movements (front crawl and backstroke)
- Combining arm movements with flutter kick
- Introduction to treading water

## Month 2

### Basic Swim Strokes

#### 1. **Week 1: Front Crawl**

- Front crawl technique
- Breathing coordination
- Introduction to bilateral breathing

#### 2. **Week 2: Backstroke**

- Backstroke technique
- Arm and leg coordination
- Floating on the back independently

#### 3. **Week 3: Introduction to Breaststroke**

- Breaststroke kick and arm movements
- Breathing technique for breaststroke
- Floating with breaststroke elements

#### 4. **Week 4: Introduction to Elementary Backstroke**

- Elementary backstroke technique
- Coordinated arm and leg movements
- Review of previously learned skills

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## Month 3

### Building Endurance and Water Safety

#### 1. Week 1: Swim Endurance

- Building swim endurance with continuous laps
- Introduction to interval training
- Review of all strokes

#### 2. Week 2: Introduction to Sidestroke

- Sidestroke technique
- Combining sidestroke with other strokes
- Water safety awareness and practice

#### 3. Week 3: Introduction to Rescue Techniques

- Basic rescue techniques
- Emergency signals and responses
- Introduction to using rescue equipment

#### 4. Week 4: Final Assessment and Review

- Individual swim assessments
- Review of all skills learned during the course
- Water Safety quiz

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