



## 3 Month Program for Elite

<b>Session 1</b>	August 28th - October 28th
<b>Session 2</b>	November 6th - February 3rd
<b>Session 3</b>	February 12th - May 15th

Month 1				
Yards	Week 1	Week 2	Week 3	Week 4
<b>Otter</b> 1000 Yards	Primary Focus = Freestyle and Swimming Etiquette	Primary Focus = Backstroke and Swimming Etiquette	Primary Focus = Butterfly, Importance of technique	Primary Focus = Breast, Introduction to Stroke Turns
<b>Bronze</b> 1250-1500 Yards				
<b>Silver</b> 1500-2000 Yards				
<b>Gold</b> 2000-2500 Yards				

Month 2				
Yards	Week 1	Week 2	Week 3	Week 4
<b>Otter</b> 1250-1300 Yards	Primary Focus = All Strokes (IM week)	Primary Focus = Endurance, Pacing	Primary Focus = Sprint, Speed, Reaction Time	Primary Focus = Putting it all together, Independence
<b>Bronze</b> 1500-1750 Yards				
<b>Silver</b> 1750-2250 Yards				
<b>Gold</b> 2500-3000 Yards				

Month 3				
Yards	Week 1	Week 2	Week 3	Week 4
<b>Otter</b> 1300-1450 Yards	Introduction to Racing! Primary Focus = Racing Starts	Butterfly/Breast Primary Focus = Turns, Finishing	Back/Free Primary Focus = Turns, Finishing	Last Week!!!! IM WEEK!!!! Primary Focus = Relays, Putting it all Together
<b>Bronze</b> 1750-2000 Yards				
<b>Silver</b> 2000-2500 Yards				
<b>Gold</b> 3000-4000 Yards				

	Bronze	Silver	Gold
<b>Monday</b>	x	5:00-6:15pm	6:15-7:45pm
<b>Tuesday</b>	4:00-5:00pm	4:45-6:15	x
<b>Wednesday</b>	5:00-6:00pm	x	6:00-7:30pm
<b>Thursday</b>	4:00-5:00pm	5:00-6:15pm	6:00-7:30pm
<b>Saturday</b>	x	10:15-11:15am	x

Cost	
1x Week	\$20 per class
2x Week	\$18 per class
3x Week	\$16 per class

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Or visit our website: <http://www.bluedolphinswimschool.com>

