



# Swim From Home

A HBL Initiative by The Swimming Room

## Revised Schedule

(For 13 May - 23 May 2020)

Select 1 module and attend all 3 sessions via the Zoom Link weekly.

You may choose more than 1 module

We have revised the schedule and all sessions are open to all age group.

\*Take note: the Weekend sessions will be covering the same topics as the Weekday sessions, so you just choose either one to attend.

Module	Age Group	Day	Module Dates	Time	Room Open	Things to Prepare	Suitability
<b>1 Swim Foundation (SF)</b> SF1: Body Basics SF2: Breath Management SF3: Skills challenge	ALL	Every Wednesday	SF1: 6 May SF2: 13 May SF3: 20 May	2.30pm – 3.00pm	2.25pm	Big Towel, 1 Pillow/ Cushion, 3 Toys (palm size), Tissue Paper, Water bottle, Goggles	Recommended for Beginners; Especially for students who: - have not learnt any strokes yet - have difficulty submerging - wants to work on breath management
		Every *Saturday	SF1: 9 May SF2: 16 May SF3: 23 May	1.30pm – 2.00pm	1.25pm		
<b>2 Frontcrawl (FC)</b> FC1: Strength, Mobility & Body Balance FC2: Swim Technique FC3: Skills challenge	ALL	Every Wednesday	FC1: 6 May FC2: 13 May FC3: 20 May	3.30pm – 4.00pm	3.25pm	Big Towel, 1Pillow/ Cushion, 3 Toys (palm size), Water bottle, Goggles	Recommended for those who have started learning strokes;
		Every *Saturday	FC1: 9 May FC2: 16 May FC3: 23 May	2.30pm – 3.00pm	2.25pm		
<b>3 Breaststroke (BS)</b> BS1: Strength, Mobility & Body Balance BS2: Swim Technique BS3: Skills challenge	ALL	Every Thursday	BS1: 7 May BS2: 14 May BS3: 21 May	2.30pm – 3.00pm	2.25pm	Big Towel, Chair (with backing), 3 Toys (palm size), Water bottle, Goggles	These are land sessions more focused on strength, mobility, body balance and positions and swim techniques, with respect to each stroke.  Hence any student may choose to join any of the modules as long as it matches their age group. Feel free to try and explore any!!!
		Every *Saturday	BS1: 9 May BS2: 16 May BS3: 23 May	3.30pm – 4.00pm	3.25pm		
<b>4 Backstroke (BK)</b> BK1: Mobility & Body Balance BK2: Swim Technique BK3: Strength & Conditioning	ALL	Every Thursday	BK1: 7 May BK2: 14 May BK3: 21 May	3.30pm – 4.00pm	3.25pm	Big Towel, 3 Toys (palm size), 1 Pillow/ Cushion, Water bottle, Swim Cap, Goggles,	Our Suggestion: Recall the stroke that you last learnt, choose the Module covering the same stroke OR one level up. Eg. You last learnt breaststroke, choose Breaststroke Module or Backstroke Module.
		Every *Saturday	BK1: 9 May BK2: 16 May BK3: 23 May	4.30pm – 5.00pm	4.25pm		
<b>5 Butterfly (BF)</b> BF1: Mobility & Body Balance BF2: Swim Technique BF3: Strength & Conditioning	ALL	Every Thursday	BF1: 8 May BF2: 15 May BF3: 22 May	4.30pm – 5.00pm	4.25pm	Big Towel, Water bottle, Swim Cap, Goggles	