

Swimming 101 Kenora		
TIME	SESSION	LEAD LF
Friday September :		
5:00-6:30pm	Bring Bag dinner to course INTRO & ROLE OF THE COACH	JH
6:30-8:00pm	AAD ADM	JH
8:00-9:00pm	TEACHING & LEARNING	JH
Sat. September 17		
8:00-9:30am	POOL SESS. #1 - Safety, Science, UWFlyK, Scull	JH
9:45-11:45am	ANALYZE PERFORMANCE - Strokes Class Session #1	
11:45-12:45	Lunch	
12:45-2:15pm	POOL SESS. #2 - Analyze Performance - Strokes	JH
2:30-3:30	ANALYZE PERFORMANCE - Strokes - Debrief	JH
3:30-4:30	Support the Competitive Experience - "Rules"	JH
4:30-6:00	ANALYZE PERFORMANCE - Starts & Turns Class Session #1	JH
6:00-7:00	Dinner	
7:00-8:30pm	POOL SESSION #3 - Analyze Performance - Starts/Turns	JH
	May shift this to Sunday am*	
Sunday, Septembe		
8:00-10:30am	ANALYZE PERFORMANCE - Starts/Turns - Debrief	JH
10:30-11:00am	PLANNING & MANAGING a group - working lunch	JH
11:30am-1:30pm	Wrap Up Lunch	

