



**DEVELOPMENTAL PROGRAM
VOYAGERS
ADULT DEVELOPMENTAL PROGRAM**

We swim for good times!®

**DEVELOPMENTAL PROGRAM
(DEV / 25 Club)**

Welcome
Head position + Sit & Slide +
Streamline intro and practice

Tadpole (Tickle T Touch)
Starfish (Elementary Back)
Backstroke
Freestyle
Butterfly
Breaststroke
Choice

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PROGRAM**

Welcome
Head position + Sit & Slide +
Streamline intro and practice

Warm-Up & Conditioning
100 swim: 25 each
Tadpole
+Starfish+Back+Free
100 kick on back: choice
100 freestyle
100 choice
25's from the block in lane 2,
swim back in lane 3

lane order
circle swimming
25's stroke work -all strokes

**ADULT
PROGRAM**

100 choice
100 kick on back
4 x 25 build up choice

12 x 25 @ II (:45R)
4 x 75 or 25 stroke @ 1:00R
streamline and head pos.
100 easy choice

1000/800 yds

The most important thing!

Q. What is the most important thing in stroke technique? A. head position

Sit & Slide

During USA Swimming general meet warm-ups, most clubs enforce a “no diving” policy. Swimmers use a three-point entry, also known as a “sit and slide.” Sit and slide entries are also used during practice. To execute a sit and slide entry, swimmers enter the water feet first while maintaining one hand on the side of the pool until both feet enter the water. Swimmers should enter from the right side of the lane to avoid those circle swimming and approaching the wall on the left.

Q. What are the three points in a three-point entry? A. one hand and two feet

Q. What do we call a three-point entry? A. sit and slide

Q. When do we use a three-point/sit and slide entry? A. at practice and during swim meet warm-ups

Streamline

Q. What are the words for the streamline arms? A. hand over hand, wrist over wrist, squeeze

Q. How far do we streamline? A. at least to the flags

Q. When do we streamline? A. every wall every time