



**WSY Pre-Competitive Programming  
Mini-Team  
Winter/Spring 2024**

**Week 1 (01/05 & 01/07):** Evaluations, Rules and Expectations, Swim Practice Basics

**Week 2 (01/12 & 01/14):** Swim Practice Basics, Flutter Kicking, Freestyle, Safe Diving Progression (Sitting, Kneeling, Standing)

**Week 3 (01/19 & 01/21):** Freestyle, Backstroke

**Week 4 (01/26 & 01/28):** Freestyle, Backstroke, Flipturns, Diving

**\*Sunday 01/28 is 1st Mini Meet at the YMCA - 4pm – we will still have 12 noon class\***

**Week 5 (02/02 & 02/04):** Backstroke, Flipturns, Dolphin Kick

**Week 6 (02/09 & 02/11):** Dolphin Kick, Butterfly, Diving

**Week 7 (02/16 & 02/18):** Butterfly, Breaststroke Kick, Freestyle and Backstroke Review

**Week 8 (02/23 & 02/25):** Breaststroke Kick, Breaststroke, Diving

**\*Friday 02/23 is 2nd Mini Meet at the YMCA – 6:15pm**

**Week 9 (03/01 & 03/03):** Breaststroke, Flipturns, Free and Back Endurance

**Week 10 (03/08 & 03/10):** Butterfly and Breaststroke Review, Free and Back Endurance, Diving

**Week 11 (03/15 & 03/17):** Review of all Strokes & Drills, Flipturns, Diving

**Week 12 (03/22 & 03/24):** Review of all Strokes & Drills, Fun Team Relays