



Monthly Timetable: April 2020

Artistic Swimming

Guidance to Coaches & Parents:

Please watch Flexibility video 1 before your athlete or child completes this session.

<https://www.youtube.com/watch?v=ofwM4YedAPo>

The instructor is not wearing clothing recommended by Swim England. You can select one of the other flex videos to replace this if you feel this is not suitable. However, the activity is extremely useful for left and right leg splits.

All sessions are appropriate for 12u and 13-18 group athletes, all activity is undertaken at own risk.

Week 1		Week Commencing 6 th April					
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM	Pilates 1	S&C 1- Level 1	BARRE 1	S&C 2	Yoga 1	Dance 1	OFF
	Flex 1	Flex 1	Flex 1	Flex 1	Flex 1	Flex 1	
PM	S&C 3	BARRE 2	Yoga 2	Pilates 2	S&C 2	BARRE 1	OFF
	Flex 1	Flex 2	Flex 1	Flex 2	Flex 1	Flex 1&2	

Pilates		Yoga		Strength and Conditioning (S&C)	
1	https://www.youtube.com/watch?v=D3TC-tz3TeQ	1	https://www.youtube.com/watch?v=No2u_Dq_9ho	1	https://www.youtube.com/watch?v=q20pLhdoEoY
2	https://www.youtube.com/watch?v=aOYcySi-kpU	2	https://www.youtube.com/watch?v=Z6jRKThDCBU	2	https://www.youtube.com/watch?v=q20pLhdoEoY
3	https://www.youtube.com/watch?v=1gzT-FZ45i0	3	https://www.youtube.com/watch?v=1UlikY_YN5o	3	https://www.youtube.com/watch?v=Gze8oMuj4as

Barre		Dance		Flexibility	
1	https://www.youtube.com/watch?v=m3GKHaHYmc0	1	https://www.youtube.com/watch?v=cgDppkLnImI	1	https://www.youtube.com/watch?v=ofwM4YedAPo
2	https://www.youtube.com/watch?v=WVFAUWPY0dc	2	https://www.youtube.com/watch?v=gYXeq6k2DRQ	2	https://www.youtube.com/watch?v=U_I_Otkde8w
		3	https://www.youtube.com/watch?v=Nb_wLPAIqYM	3	https://www.youtube.com/watch?v=0iBLO4qCxYY

Week 2		Week Commencing 13 th April					
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM	Pilates 2	S&C 1- Level 2	BARRE 2	S&C 3	Yoga 1	Dance 1	OFF
	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	
PM	S&C 3	BARRE 3	Yoga 2	Pilates 3	S&C 2	BARRE 2	OFF
	Flex 3	Flex 3	Flex 3	Flex 3	Flex 3	Flex 3	

Pilates		Yoga		Strength and Conditioning (S&C)	
1	https://www.youtube.com/watch?v=D3TC-tz3TeQ	1	https://www.youtube.com/watch?v=No2u_Dq_9ho	1	https://www.youtube.com/watch?v=q20pLhdoEoY
2	https://www.youtube.com/watch?v=aOYcySi-kpU	2	https://www.youtube.com/watch?v=Z6jRKThDCBU	2	https://www.youtube.com/watch?v=q20pLhdoEoY
3	https://www.youtube.com/watch?v=1gzT-FZ45i0	3	https://www.youtube.com/watch?v=1UlikY_YN5o	3	https://www.youtube.com/watch?v=Gze8oMuj4as

Barre		Dance		Flexibility	
1	https://www.youtube.com/watch?v=m3GKHaHYmc0	1	https://www.youtube.com/watch?v=cgDppkLnImI	1	https://www.youtube.com/watch?v=ofwM4YedAPo
2	https://www.youtube.com/watch?v=WVFAUWPy0dc	2	https://www.youtube.com/watch?v=gYXeq6k2DRQ	2	https://www.youtube.com/watch?v=U_I_Otkde8w
3	https://www.youtube.com/watch?v=maPULECGoP0&list=RDCMUC0M_7uJKbtxtJS8VTp5NmEQ&index=9	3	https://www.youtube.com/watch?v=Nb_wLPAIqYM	3	https://www.youtube.com/watch?v=0iBLO4gCxYY

Week 3		Week Commencing 20 th April					
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM	Pilates 1	S&C 1- Level 1	BARRE 1	S&C 2	Yoga 1	Dance 1	OFF
	Flex 1	Flex 1	Flex 1	Flex 1	Flex 1	Flex 1	
PM	S&C 3	BARRE 2	Yoga 2	Pilates 2	S&C 2	BARRE 1	OFF
	Flex 1	Flex 2	Flex 1	Flex 2	Flex 1	Flex 1&2	

Pilates		Yoga		Strength and Conditioning (S&C)	
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2	https://www.youtube.com/watch?v=aOYcySi-kpU	2	https://www.youtube.com/watch?v=Z6jRKThDCBU	2	https://www.youtube.com/watch?v=q20pLhdoEoY
3	https://www.youtube.com/watch?v=1gzT-FZ45i0	3	https://www.youtube.com/watch?v=1UlikY_YN5o	3	https://www.youtube.com/watch?v=Gze8oMuj4as

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2	https://www.youtube.com/watch?v=WVFAUWPY0dc	2	https://www.youtube.com/watch?v=gYXeq6k2DRQ	2	https://www.youtube.com/watch?v=U_I_Otkde8w
		3	https://www.youtube.com/watch?v=Nb_wLPAIqYM	3	https://www.youtube.com/watch?v=0iBLO4gCxYY

Week 4		Week Commencing 27 th April					
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
AM	Pilates 2	S&C 1- Level 2	BARRE 2	S&C 3	Yoga 1	Dance 1	OFF
	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	Flex 1 & 2	
PM	S&C 3	BARRE 3	Yoga 2	Pilates 3	S&C 2	BARRE 2	OFF
	Flex 3	Flex 3	Flex 3	Flex 3	Flex 3	Flex 3	

Pilates		Yoga		Strength and Conditioning (S&C)	
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2	https://www.youtube.com/watch?v=aOYcySi-kpU	2	https://www.youtube.com/watch?v=Z6jRKThDCBU	2	https://www.youtube.com/watch?v=q20pLhdoEoY
3	https://www.youtube.com/watch?v=1gzT-FZ45i0	3	https://www.youtube.com/watch?v=1UlikY_YN5o	3	https://www.youtube.com/watch?v=Gze8oMuj4as

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2	https://www.youtube.com/watch?v=WVFAUWPy0dc	2	https://www.youtube.com/watch?v=gYXeq6k2DRQ	2	https://www.youtube.com/watch?v=U_I_Otkde8w
3	https://www.youtube.com/watch?v=maPULECGoP0&list=RDCMUC0M_7uJKbtxtJS8VTp5NmEQ&index=9	3	https://www.youtube.com/watch?v=Nb_wLPAIqYM	3	https://www.youtube.com/watch?v=0iBLO4gCxYY