

SWIM PROGRAM

SIDE BENDS -

WITH FEET SHOULDER WIDTH APART AND ARMS AT SIDE, SLOWLY SLIDE HANDS DOWN SIDE OF LEG ONE AT TIME. REPEAT 5X EACH SIDE.

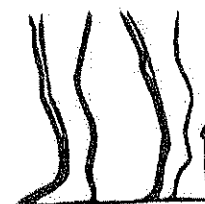


TRUNK ROTATIONS - WITH FEET SHOULDER WIDTH APART, SLOWLY ROTATE TRUNK FROM SIDE TO SIDE REACHING OPPOSITE ARM ACROSS BODY WITH THE ROTATION. REPEAT 10X.



HEEL RAISES -

HOLDING ONTO EDGE OF POOL, SLOWLY RAISE UP ON TOES, HOLD 5 SEC. REPEAT 3X.



TOE RAISES -

HOLDING ONTO EDGE OF POOL, SLOWLY ROCK BACK ON HEELS, HOLD 5 SEC. REPEAT 3X.



WALKING - WARM UP WITH WALKING FORWARD, BACKWARD AND SIDESTEPPING IN SHALLOW WATER. PERFORM EACH WALK ACROSS POOL 2-3X.

MARCHING IN PLACE - LIFT ALTERNATE KNEES TO SURFACE OF WATER SIMULATING MARCHING, X 20 REPS. CAN ALSO TURN KNEES OUTWARD AND CONTINUE MARCHING.



HIP ABDUCTION -

STANDING AT WALL OF POOL, LIFT RIGHT LEG OUT TO SIDE, KEEPING KNEE STRAIGHT AND TRUNK UPRIGHT. REPEAT 15X WITH EACH LEG.



HIP FLEXION/EXTENSION - STANDING AT WALL OF POOL, SWING RIGHT LEG SLOWLY FORWARD AND BACKWARD, KEEPING KNEE STRAIGHT AND TRUNK UPRIGHT. REPEAT 15X EACH LEG.



SQUATS - STANDING WITH FEET SHOULDER WIDTH APART, SQUAT DOWN IN WATER WITH FEET FLAT ON FLOOR - BENDING AT THE KNEES AND KEEPING TRUNK UPRIGHT. REPEAT 15X. CAN ALSO TURN KNEES OUTWARD AND CONTINUE SQUATS 15X.

