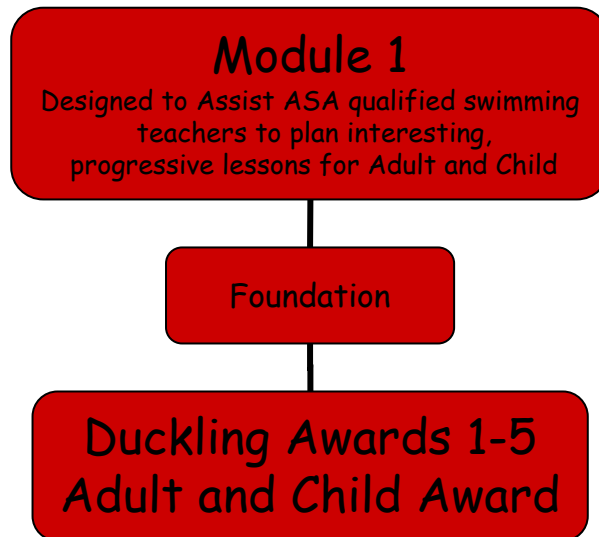


NATIONAL PLAN FOR TEACHING SWIMMING

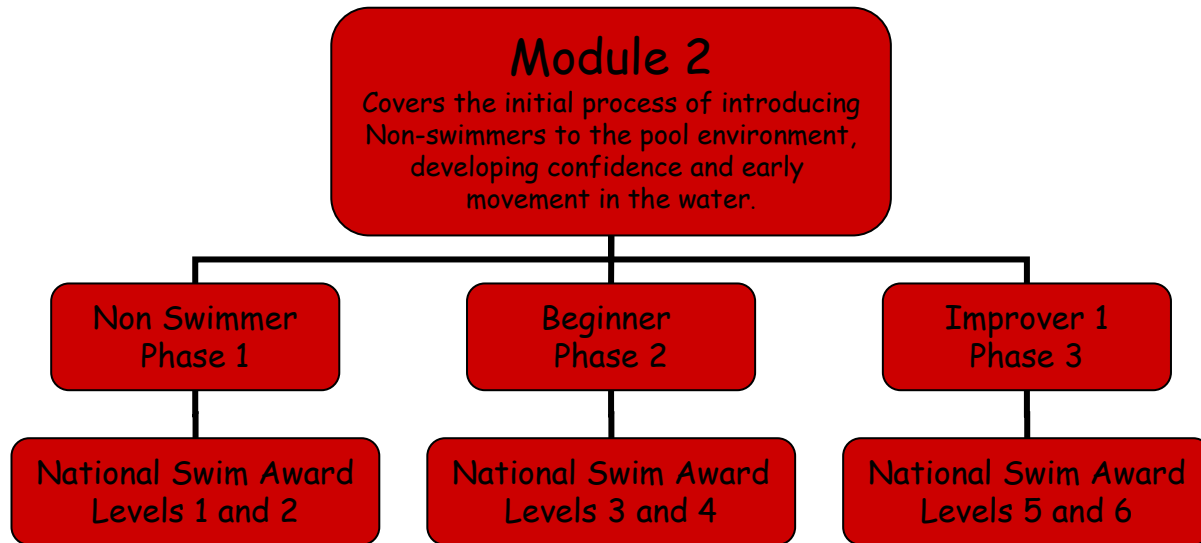
JUNIOR SECTION RNSS

- THE ATTACHED PAGES ARE AN OUTLINE OF THE TYPE OF LESSON STRUCTURE THAT RNSS JUNIOR SECTION HAS ADOPTED
- THIS STRUCTURE WILL GIVE OUR JUNIOR SECTION SWIMMERS THE OPPORTUNITY TO DEVELOP IN ALL AREAS OF SWIMMING FROM AQUATIC SKILLS, SWIMMING TECHNIQUES AND FITNESS

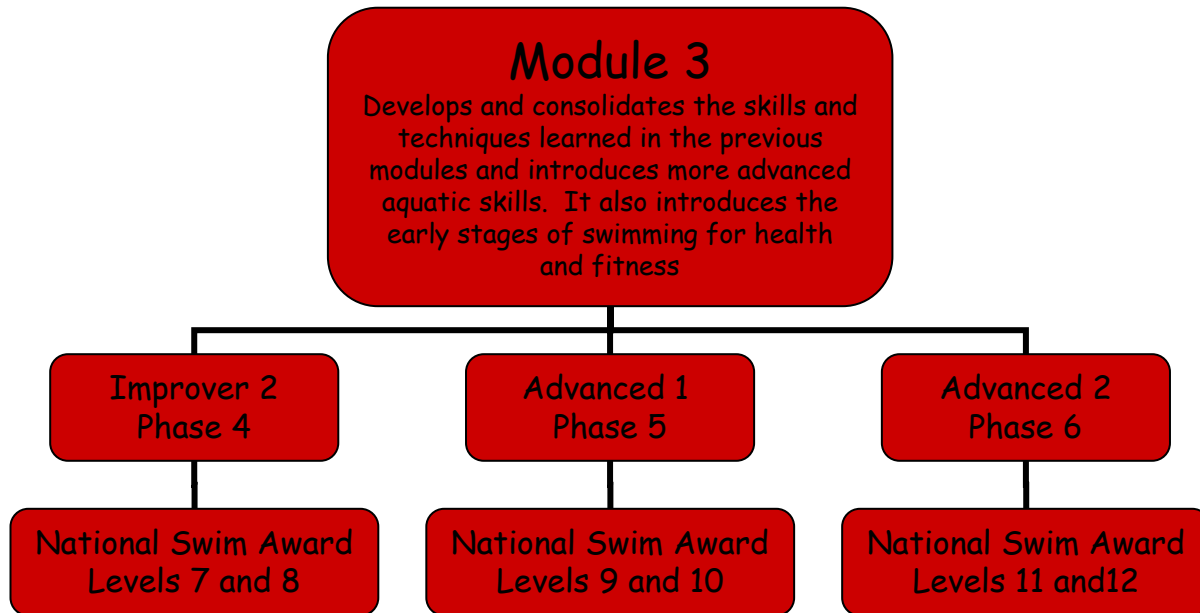
NATIONAL PLAN FOR TEACHING SWIMMING JUNIOR SECTION RNSS



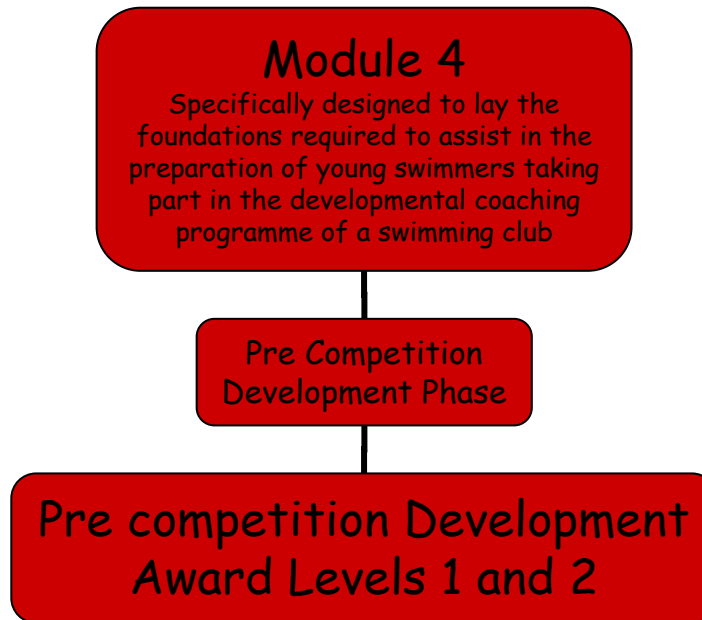
NATIONAL PLAN FOR TEACHING SWIMMING JUNIOR SECTION RNSS



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