Beta

Class Day: _____ Class Time: _____ Age Level: _____

Starting Date: _____ Ending Date: _____ Number of Lessons: _____

Term: _____ Instructor Name: _____

Date Week#	1	2	3	4	5	6	7	8	9	10	11	12	13	Comments:
Review/Warm-up:														
Stretching														
Forward Stroking														
Right Over Left Forward Crossovers														
Left Over Right Forward Crossovers														
Maneuvers:														
Alternating Backward Half Swizzles														
Backward Stroking														
Backward Half Swizzles – Clockwise														
Backward Half Swizzles – Counterclockwise														
Left T-Stop														
Right T-Stop														
Right Over Left Backward Crossovers														
Left Over Right Backward Crossovers														
Two Foot Turns														
Two Foot Backward Edge Pulls														
Tap Toe from Stand Still														
Left Backward Attitude														
Right Backward Attitude														
Lunge Position at Wall														
Lunge														
One Foot Spin from Zig Zags														
Backward Crossovers in Figure 8 Pattern														
Alternating Backward Crossovers														
Back Crossovers, Step to Forward Crossovers														
Right Mohawk														
Left Mohawk														
Combinations:														
Tap Toe/ T-Stop														
Test:														
Backward Stroking														
Right T-Stop Preceded by 3 Strokes														
Left T-Stop Preceded by 3 Strokes														
Right Over Left Back Crossovers														
Left Over Right Back Crossovers														