



## BEGINNER SWIM COURSES:

### LEVEL 2 - LEARN FRONT CRAWL

Learn Front Crawl courses are 5 to 6 week courses that take place in a heated swimming pool throughout the year, between October and June. They are designed to help adults who can already swim breaststroke or basic front crawl to master the art of swimming this key stroke, used for fitness and sport e.g. triathlon and open water swimming.

Strive coaches have over 10 years experience delivering beginner swim courses to adults and offer a unique, friendly and fun environment in which to learn and practice.

#### WHO SHOULD JOIN THE COURSE:

Learn Front Crawl is suitable for:

- Those who are already swimming breaststroke or basic front crawl only
- Those who are ALREADY swimming in water that is OUT OF THEIR DEPTH i.e. you should be comfortable being at the 'deep end' of a swimming pool
- Those who feel comfortable putting their faces in the water (required for Front Crawl) and now want to take their swimming to the next step e.g. swimming for fitness, triathlon, open water
- Those who haven't swam consistently since they were younger and want to refresh their skills and technique

If the above does NOT describe your current ability, we have options for you!

Option 1: If you need more support building confidence in the water (including learning to be in deep water and putting your face in the water), our Level 1 Water Confidence courses run alongside Learn Front Crawl. Please return to the Swim Life page and select Level 1 - Water Confidence.

Option 2: If you are already confident that you are swimming front crawl with your head in the water but just want some more input on your technique and to build stamina, our weekly Swim Fit sessions will be suitable for you. Choose from a number of sessions throughout the week. Return to the Swim Life page to see the Swim Fit options.

IF THE LEARN FRONT CRAWL SOUNDS IDEAL FOR YOUR CURRENT ABILITY, read on.

By the end of this course you will:

- Have developed the foundational skills and technique for swimming Front Crawl, including breathing, body position, leg kick, arms and rhythm and timing
- Understand your unique stroke strengths and weaknesses, and have key drills to continue working with either through adult swim sessions with Strive, or in your own time
- Feel confident to continue training with a group or alone
- Have met new swimming friends and coaches you feel you want to continue learning and practicing with!

KTI REQUIREMENTS:

Everyone attending this course will need the following items of kit.

- A pair of goggles that are comfortable and functional for pool swimming
- A swim cap, if you have long hair.
- Swimming fins, used to build strength and technique - we recommend Finis Floating Fins or Maru swim fins which can be bought online or on Island.

**YOU WILL NEED TRAINING FINS FOR SESSION 2**

PROGRESSION:

Once you have completed the course, we hope that you will have fallen in love with swimming and are enjoying the learning journey. Strive offer a number of weekly Swim Fit sessions for those who feel ready to commence 'lane swimming' and continue building technique. Alternatively, you may decide you want to repeat the course to give yourself more time to master the basics.

HOW TO SIGN UP:

Email [info@westrive.gg](mailto:info@westrive.gg) to find out when the next course starts and confirm prices (as of October 2023, 5-week courses cost £75). We will sign you up for the next available course.