



BEGINNER SWIM COURSES:

LEVEL 1 - WATER CONFIDENCE

Water Confidence 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 specifically for adults at the START of their journey to becoming more confident, comfortable and relaxed in the water and out of your depth.

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. We understand that for many people, water creates anxiety and nervousness that can become a huge barrier to learning and enjoying the benefits that being able to swim can bring.

WHO SHOULD JOIN THE COURSE:

Water Confidence is suitable for:

- Adults who've never learnt to swim 'properly' i.e. through formal swimming lessons
- Adults who are not confident working out of their depth or putting faces in the water
- Adults who want to be able to join friends or family in the sea and know that they can stay safe

Please note that if you have experienced past trauma in the water or currently experience high levels of anxiety or even panic in the water, we recommend working with a specialist trauma therapist before commencing this course.

If the above does NOT describe your current ability, we have options for you and you already feel confident in the water, including being out of your depth and putting your face in the water, please refer to the Learn Front Crawl (Level 2) course. Return to the Swim Life page.

The key areas we will focus on during the course are:

- core aquatic skills including aquatic breathing, buoyancy, movement and water safety

- the power of play and how the water supports our movement
- an introduction to the 'science' of swimming
- body position skills and key movements needed to be a front crawl swimmer, such as kicking and sculling
- becoming comfortable with having your face in the water and being under as well as on top of the water

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.

PROGRESSION:

Once you have completed the course, we hope that you will have fallen in love with swimming and are enjoying the learning journey. You may want to repeat the course to gain even more practice, or want to take the next step and join a Learn Front Crawl course.

HOW TO SIGN UP:

Email 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.