



LEVEL 1 - FRONT CRAWL FUNDAMENTALS (October - May only)

Fundamentals courses are 3-week courses in a heated swimming pool throughout the year, between October and June. They are designed specifically for adults at the START of their front crawl journey and offer a space to learn and practice in an environment that is inclusive, friendly, and non-judgmental.

Level 1 courses are the first step to being able to swim front crawl. They will teach fundamental skills including aquatic breathing, balance and buoyancy, and kicking - all key characteristics needed to become efficient and competent swimmers.

Please note that you must already be able to swim out of your depth in order to join this course.

With over 10 years of experience teaching and coaching adults, Strive has designed these courses specifically for those adults who want to start using swimming as part of their fitness, health & wellness regime.

WHO SHOULD JOIN THE COURSE:

- Adults who've never learned to swim Front Crawl
- Adults who CAN already tread water and swim (breaststroke) out of their depth
- Adults who have aspirations of swimming in the sea or swimming for fitness
- Adults who want to be able to join friends or family in the sea and know that they can stay safe
- Adults who have been recommended swimming to overcome injury or illness or to help manage their health and wellbeing

BY THE END OF THIS COURSE YOU WILL HAVE:

- Learned the fundamentals of aquatic breathing
- Learned the technique of front crawl kicking
- Developed the core skills required to hold the correct body position in the water
- Build more confidence and fitness in the water
- Developed your knowledge and understanding of the technical aspects of the Front Crawl technique

KIT 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 (LEVEL 2) course.

HOW TO SIGN UP:

Email info@westrive.gg to find out when the next course starts. As of January 2025, 3-week course cost £48). These courses run between October and May each year.