



## BEGINNER SWIM COURSES:

### LEVEL 1 - WATER CONFIDENCE (October - May only)

Water Confidence courses are 5-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 swimming 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 becoming more confident, comfortable, and relaxed in the water - all key characteristics needed to become efficient and competent swimmers.

With over 10 years of experience teaching and coaching adults, Strive has curated these courses specifically for those adults who may not have spent much time in water but are now keen to make swimming a part of their routine.

#### WHO SHOULD JOIN THE COURSE:

- Adults who've never learned to swim 'properly' i.e. through formal swimming lessons
- Adults who may already swim a little but aren't certain / not yet confident working out of their depth or putting faces in the water
- Adults who have aspirations of swimming in the sea or swimming for fitness but don't know where to start
- 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 / help manage their health and wellbeing

*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.*

#### WHAT THE COURSE WILL TEACH:

- 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

#### 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](mailto:info@westrive.gg) to find out when the next course starts and confirm prices. These courses run between October and May each year.