

## STRIVE OPEN WATER PROGRAMME 2025

	SESSION			
	SWIM JOURNEYS	OPEN WATER FITNESS	SWIM PODS	OPEN WATER TECHNIQUE
<b>START WEEK</b>	2 June	2 June	21 July	21 July
<b>DAY / TIME</b>	Tuesdays 6.30pm	Thursdays 6.30am	Fridays 6.00pm	Sundays 10.00am
<b>LOCATION</b>	Various	Pembroke / Chouet	Pembroke / L'Ancrese	Pembroke / Chouet
<b>WHO</b>	Subscribed swimmers+	All swimmers++	Subscribed swimmers+	All swimmers++
<b>LEVEL</b>	Intermediate / Advanced*	All abilities**	Intermediate / Advanced*	All abilities**
<b>DISTANCE</b>	Up to approx 3.5km	Multiple 300m laps	Up to approx 2km	Multiple 300m laps
<b>SESSION TYPE</b>	Coastal 'adventure' swim	Bay Swim - Fitness Intervals	Bay Swim - Skills and Pacing in groups	Bay Swim - Technique
<b>WETSUIT</b>	Yes	Recommended	Yes	Recommended
<b>COST</b>	£15 / swim	Session Pass (£72 / 6 sessions)		

+ **Subscribed swimmers** - currently subscribed to a Swim Fit pool session.

++ **All swimmers** - session open to non-subscribed swimmers.

\* **Intermediate / Advanced** - has prior open water swimming experience and is already comfortable swimming at least 2 km in open water. Good front crawl ability and can hold a consistent pace in the sea. Should have good sighting skills and be confident swimming within a group.

\*\* **All abilities** - these sessions are suitable for swimmers who are starting their first season of open water swimming and also those that are already experienced. You should be able to swim front crawl to a basic standard (face in the water) and comfortable swimming at least 100m (4 pool lengths) consistently in the open water.