



Learn Front Crawl with Strive

Thank you for your interest in the Learn Front Crawl course, delivered by Strive Coaching & Development.

The course runs for 6 weeks, every Sunday morning, 11am-12pm at St Sampsons High, and takes swimmers who are not yet able to swim front crawl through progressive stages of technique and stamina development.

Each session lasts 1 hour with focused teaching for 50-55 minutes and time to practice for the remainder of the session.

This course costs £84.

Learn Front Crawl course is suitable for:

- Those who are already swimming breaststroke or basic front crawl only, and have never learnt how to swim Front Crawl 'properly'
- 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

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 Water Confidence courses run alongside these courses. You can find more information on our website.

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, our Swim Fit technique sessions running on Sundays at 10am could be exactly what you need.

For either of these options, please get in touch.

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

By the end of this course you will:

- Have improved fitness and stamina in the water

- Have an in depth understanding of the movements required to swim front crawl
- Have developed body position, streamlining and breathing technique
- 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

To take part in this course, you WILL need the following training aids:

- A decent pair of goggles! We love Zoggs Predator Flex, which can be brought online (Amazon or Wiggle) or on Island (Beau Sejour stock them)
- Training fins, used to build strength and technique - we recommend Finis Floating Fins or Maru swim fins which can be bought online from Amazon or Wiggle. **YOU WILL NEED TRAINING FINS FOR SESSION 1**

We also recommend that all swimmers find extra time to practice each week. We cover a lot of ground in each of our lessons so finding time to practice some of the elements you have been learning will really pay off! Your coach will advise you of the elements to practice in your own time.

What happens after the course?

Once you have graduated, we hope that you will have fallen in love with swimming and will be keen to continue building this into your fitness regime. We recommend all graduates of this course who want to continue receiving coaching support, join our Sunday morning 10am Swim Fit sessions which are dedicated technique sessions. Here you will be working with a wider group of graduates and swimmers who need extra support with their technique. You can find details of weekly sessions and times on the website www.westrive.gg.

Sign up:

Sign up details will be sent to all individuals who have let us know they want to sign up to the next course. Please make sure you have communicated your interest so that we can add you to the mailing list.