



BEGINNER SWIM COURSES:

LEVEL 2 - LEARN FRONT CRAWL (October - May only)

Learn Front Crawl courses are 5-week courses that take place in a heated swimming pool throughout the year, between October and May.

Courses are designed to work with adults who can already swim (breast stroke or basic front crawl) and want to hone the specific technique, fitness and strength required to become a competent front crawl swimmer.

Learn Front Crawl courses with Strive are unique learning environments. You will be taught by life-long swimmers and triathletes, who are both qualified and experienced in teaching a range of abilities and ages. We pride ourselves on creating fun, non-judgemental environments in which to learn, practice, make mistakes and make progress.

WHO SHOULD JOIN THE COURSE:

- Those who are already swimming breaststroke or basic front crawl only
- 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
- Those who haven't swam consistently since they were younger and want to refresh their skills and technique
- Those who may have completed a triathlon or short-distance sea swim and want to do more!

If the above does NOT describe your current ability, we have options for you!

1. If you don't think you're quite at the level where you're swimming out of your depth and comfortable putting your face in water, please refer to the Level 1 - Water Confidence course notes on the website.
2. If you have mobility issues and aren't sure whether you're ready to throw yourself into learning specific strokes yet, please refer to the Level 1 - Water Confidence course notes on the website.

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

By the end of this course you will:

- Have developed the foundational skills, technique, and knowledge and understanding needed to swim Front Crawl for a distance.
- 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.
- Have met new swimming friends and coaches you feel you want to continue learning and practicing with!

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.
- Swimming fins, used to build strength and technique - we recommend Finis Floating Fins or Maru swim fins which can be bought online or on Island.
YOU WILL NEED TRAINING FINS FOR SESSION 2

PROGRESSION:

Once you have completed the course, we hope that you will have fallen in love with swimming and are enjoying the learning journey. Strive offers a number of weekly Swim Fit sessions for those who feel ready to commence 'lane swimming' and continue building technique. Alternatively, you may decide you want to repeat the course to give yourself more time to master the basics.

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.