



## **WATER CONFIDENCE with Strive Ltd**

Thank you for your interest in our Water Confidence course, delivered by Strive Coaching & Development.

This is the beginning of your journey in becoming a confident, happy swimmer!

Learning to swim as an adult is challenging - but a good challenge! Unlike young children, adults have learnt to fear things and sometimes we have a lot of anxiety around being near or in water. We have also forgotten the art of 'playing' and learn by thinking (and overthinking!), not by just doing. All this 'adulthood' is sometimes a barrier to learning something new.

Our 6 week Water Confidence course helps you as a budding swimmer feel comfortable and confident in the water, which is fundamental before you undertake learning the complex stroke technique of front crawl. To learn well, we need to feel relaxed in order to 'feel' the water, not fight it.

The key areas we will focus on during the course are:

- 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

This course is run in small groups of up to 8 swimmers. You will be able to progress as quickly or as slowly as you like and we will not pressure you into doing a skill you are not ready to try.

Please note that if you are an adult who has experienced past trauma in the water and currently experience high levels of anxiety associated with swimming or being in the water, we do not recommend this course and suggest you contact us to arrange an initial private 1-2-1 (or with a friend) session/s for extra support.

### **LOGISTICS**

These courses run Sunday mornings, between 11.00 - 12.00pm at St Sampsons High School pool. You will need a pair of goggles!

The course costs £84 for 6 sessions made payable before you start the course.

What happens after the course?

Once you have completed this course, you will have the opportunity to join Strive's highly successful Learn Front Crawl courses which will teach you how to swim the most efficient stroke. These are 6 week courses taking place each Sunday morning also at St Sampsons, 11.00 - 12.00pm.