



SIX WEEK SUMMER SWIM COURSE



22ND JULY - 30TH AUGUST SUMMER 2024

Directed towards boosting your confidence and competence with specific swimming techniques and skills, our six week course will focus on developing and refining your existing abilities to take you to the next level in your swimming.

Course lessons will have a specific focus on drills, technique, efficiency, and stamina, allowing you to reinforce your understanding of the stroke and attain new goals with your swimming journey.

There are a limited number of spaces on these summer courses so pre-booking is essential.

To enquire about lessons please call 01603592398 or email SPswimschool@uea.ac.uk

Or to learn more, visit our website <https://www.sportspark.co.uk/sports/learn-to-swim/>

30-min
sessions

£40

for six weeks



Sportspark, University of East Anglia, Norwich Research Park, Norwich, NR4 7TJ
www.sportspark.co.uk

LEARN TO SWIM TIMETABLE

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Day	Stage	Time
Monday	Kids freestyle	16:00
	Kids breastroke	16:30
	Water safety	17:00
	Adults breastroke	17:30
	Adults freestyle	18:00
	Adults butterfly	18:30
Wednesday	Kids freestyle	16:00
	Kids breastroke	16:30
	Water safety	17:00
	Kids Intro to deep water/ diving	17:30
	Adults Intro to deep water/ diving	18:00
	Adults freestyle	18:30

Stroke development

Structured directly to help you develop a chosen stroke by breaking it down into its separate components. Using swimming drills and practicing core aquatic skills, you'll refine your existing abilities, while learning to link the different components to improve your overall technique.

Water safety

Developing skills associated with water safety, learn how to stay safe in the water, develop core aquatic skills such as floating, orientation, treading water and sculling techniques etc. Delivered in a fun, engaging, light hearted way. Please note: Children wishing to participate in this course must actively be stage 3 or higher.

Intro to deep water/ diving

Taken in the deep end of the pool and offering an introduction for competent swimmers to deep water, touching on the basics of diving entry, treading water, surface diving and underwater swimming. Please note: participants must be able to effectively and competently place their face in the water, float, and swim at least 25m on their front without stopping.