8 Week Improvers Swimming Course: Enhanced Learning!

Do you like to swim?

🏊‍♀️Would you like to swim more?

🏊‍♂️Want help with swimming front crawl but don’t know how?

🏊‍♀️Do you get out of breathe easily?

🏊‍♂️Do you have to stop frequently?

🏊‍♀️Are you self conscious thinking everyone is better than you?

Then read on…. This is for you….

Join others on an 8 week swimming course (front crawl) and be coached in a friendly and empathetic environment where you matter and the focus is on your achieving your swimming goals!

The course has full exclusivity to the pool facility; this is so great as it enables lots of feedback and video analysis to aid learning which is often difficult to achieve in a public pool setting.

8 Week FC Improvers Swim Course starting Sunday 6th February @ 3:30-5pm

🏊‍♀️Suitable for those who can already perform the basic front crawl technique and now at the stage to learn more….

Unlike previous courses; this course is unique: wet & dry-land coaching.

It combines wet and dry-land work (in a studio) starting with 30 minutes in the studio implementing the practise of key elements of the stroke (technique patterns) and conditioning work to imprint positive muscle memory and improve proprioception which is essential to develop to improve, followed by 60 minutes pool time enabling immediate skill transference to the water.

Value for time & money. 😄

Cost: £185

🏊‍♀️8x90mins sessions

🏊‍♂️Combining 30 mins of dry-land training, &

🏊‍♀️60 mins of pool time

Areas covered:

Body position (streamlining)

Leg action (what role they play)

Arm propulsion (phases in ‘catch’)

Breathing (uni/bilateral breathing)

Timing (co-ordinating all the moving parts in a smoothly)

Tumble Turns (build efficiency to turns) (depending on group ability)

What you get:

🏊‍♂️ Fb/Whats App group

🏊‍♀️ Weekly summary of session

🏊‍♂️ Videoing + individual clips

🏊‍♀️ Individual Feedback

🏊‍♂️ 4 hours of land training

🏊‍♀️ 8 hours pool time

🏊‍♂️ Expert Coaching

Benefits of swimming:

* Butterfly burns the most calories closely followed by ***front crawl*** compared with back stroke & breaststroke.
* Swimming is an excellent aerobic workout, using a large number of muscle groups and burning as many calories per hour as running or cycling at the same intensity. It increases your heart rate for the full duration, you breathe harder and work your entire body.
* Swimming strengthens your heart muscles thereby improving the delivery of oxygen to all parts of your body, it improves your physique, flexibility, stamina and balance. If you do other exercise, swimming serves as a great cross-trainer, lengthening and strengthening your muscles.
* Mentally it relaxes you and frees you of tension; socially you can enjoy it with friends and family to develop a spirit of competitive camaraderie.
* Swimming poses no strain on connective tissue or joints, so is safe for the overweight, elderly, people with lower back and leg problems, and those whose joints cannot handle high-impact sports. Because water supports the body, swimming is recommended as a rehabilitation exercise.
* Ideal for pregnant women, swimming strengthens both abdominal and back muscles, enabling them to better carry their extra weight. High blood pressure, joint stiffness and discomfort commonly associated with pregnancy can all be eased by exercising gently in water, although you may want to consult with your doctor beforehand.

Tickets available: <https://bit.ly/8-week-improvers-swim-course-2022>

To register your interest and/or book your place contact Tracy Cook by email: tracycooksportstherapy@gmail.com