**Virtual Swim Course:**

**Start Date:**

* Saturday
* Six sessions for £30
* 60 mins

**What:** Online Swimming Improvers Course (swim specific online development)

Achieve your swim goals.....

Why not take this ‘home bound time’ opportunity to still be able to achieve your swim goals?

Improve your front crawl technique from the comfort of your home.....

**Why:**

* To increase practice opportunities without being inhibited by limited or no poor time
* Practice whenever you want to
* Increase learning time, aerobic component removed, reduce the build-up of fatigue
* Faster and greater results focusing on technique and good form creating positive muscle memory
* Increasing muscle memory imprinting whilst improving muscular endurance and strength of the key muscles and stabilising muscles. (Strength & conditioning is one of the underpinning points of technical efficiency in all sports. At all levels of performance & distances it requires focussed and regular work.

**Who:** This class is designed for people who have at least one years’ experience and can swim four lengths of a 25 metre pool without stopping.

**LEVEL 1(1Yr +)**

Be able to demonstrate forward motion using kicking and arm actions though struggles with co-ordination and breathing, often needing to stop & take breaks to recover. Confidence in the water improving. Focus on basic techniques.

**LEVEL 2 (3Yr +)**

Demonstrates confidence in the water, able to swim at a consistent pace, smooth propulsion through the water, focus is now on technique refinement.

**When:** time of day to be considered that enables people to attend for all our almost all sessions (will receive recording without attendance)

**What do you get:**

* Professional quality instruction from a world champion triathletes…
* Carefully planned exercises that replicates the front crawl technique
* Feedback to help improve your technique and imprints positive muscle memory
* Isolation of different aspects of the/performing specific exercises that the front crawl actions
* Develop muscle and core strength to enable you to perform faster in the water was maintaining a high level of integrity of technique reducing fatigue
* Learn how to reduce drag
* Not only to learn to swim faster but also do you understand how
* Six sessions for £30, that's £5 a session
* 50-60 mins (WU + mobility) NA, Aerobic, specific exercises, linked section (adding 1+ moves together)
* Become part of an online community group to share and see relevant posts that will help you along your journey
* Receive recording of each session so that you can practice as much as you like in your own time

**Content:**

Sessions will focus on…

Streamlining and the importance of alignment

Leg action and the role it plays within the stroke

Arm action: recovery and propulsive phases

Breathing

Timing/coordination

**What do I need:**

Mat

Lift weight -1-2kg or bottles of water

Resistance bands/stretch cords (long resistance band set from Amazon @ £8.99 - <https://www.amazon.co.uk/OMORC-Resistance-Workout-Physical-Exercises/dp/B08MSXQHJQ> and/or stretch cords with roller hand held handles @ £13.99 - <https://www.amazon.co.uk/SYOSIN-Professional-Exercise-Resistance-Comfortable/dp/B08PFK38MM>