

# summer open water swim sessions



Join us @ **Westward Ho beach** this summer for fabulous coached sea swims around the beautiful Bideford Bay. Courses start w/c **27 May 2019**, cost **£35** per person and run for **5 weeks**. Sessions available for complete **beginners** through to **advanced, competitive** open water swimmers.

**Wednesday evenings**

**7pm (beginners)**

**Thursday evenings**

**7pm (intermediate)**

**Friday evenings**

**7pm (advanced/competitive)**

**Saturday mornings**

**11am (all abilities)**

To ensure you get plenty of personal instruction and can enjoy the sessions in a friendly environment, we only coach in **small groups** (maximum 8 swimmers) so places are strictly limited!

Your coach is a fully qualified, **open water specialist coach** registered with the World Open Water Swimming Association, Swim England, the Institute of Swimming and American Swim Coaches Association. Your coach and the dedicated safety cover are all qualified with Surf Life Saving GB.

The sessions will include: entry/exit techniques, working with the sea conditions, understanding how to identify & use or avoid a rip tide, stroke adaptations for the sea conditions, advanced sighting, drafting and turning techniques, swimming endurance, race strategy.....and having fun in the sea!

**Book your place now!**

visit: [www.surfandswimschool.com](http://www.surfandswimschool.com)

email: [info@surfandswimschool.com](mailto:info@surfandswimschool.com)

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