



**Fun Training
Session**



Junior Swim Training

Fun coached sessions to keep you fit!

**Weekly swimming sessions to develop fitness
and stamina.**

All four competitive strokes will be used in the sessions. A wide variety of drills, guided sets and interval training will be used to develop and improve stroke technique and speed. Coaching points will be adapted to individual needs.

Open water swimming skills such as sighting and drafting will be introduced in the pool environment, perfect for anyone considering entering a triathlon or open water swimming event.

This session is suitable for anyone who has achieved Swim England Stage 7 or STA Shark 3 award and can swim 200m without stopping.

Sessions are on Tuesdays 7.30-8.30p.m. at OLA Pool Radley Road, Abingdon. Cost: £70 for 10 sessions

For more information contact Hayley 07980 884 223 or email reynoldshayley@yahoo.co.uk

Swimmers will need to have their own (short) training fins to use in the sessions (these can be purchased for around £10-12 online)

Junior Swim Training sessions could be used as part of the Physical Section of your Duke of Edinburgh Award.