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# SWIM ENGLAND SOUTH WEST REGION

**OPEN WATER SWIMMING 2018**

**SWIMMERS’ DEVELOPMENT COURSE**

**A COURSE TO INTRODUCE SWIMMERS INTO THIS GROWING DISCIPLINE OF OUR SPORT AND TO DEVELOP SKILLS FOR OPEN WATER SWIMMING**

**A TWO DAY COURSE – 26th May 2018 and 2nd June 2018**

**(Ages 12 to 17 years)**

**PART 1 – Saturday 26th May 2018 at Wells Leisure Centre, Somerset, BA5 2FB**

**12.30 – 19.00: - WORKSHOPS, LAND TRAINING & POOL EXERCISES**

**PART 2 – Saturday 2nd June 2018 at Vobster Quay, nr Frome, Somerset, BA3 5SD**

**09.30 – 16.45: - OPEN WATER SWIMMING SKILLS AND PRACTICE**

**For more details please CONTACT:**

**Kat Percival – South West Region Open Water Coach**

**kat.percival@outlook.com**

**Course Fee (both days): £65.00 per swimmer**

***(incl. packed lunch on 26th May)***

**ADVANCE NOTICE**

**OPPORTUNITIES TO QUALIFY FOR SWIM ENGLAND NATIONAL OPEN WATER CHAMPIONSHIPS**

**DISTANCES: 5 KM, 3 KM, 2 KM plus 1 KM Taster Event for 11 -13 yrs**

**Saturday 7th July 2018 at Preston Beach, Weymouth**

***Put this date in your diaries and watch for entry details on the***

***Swim England South West website***

**Swim England South West Region website**