

SWIM 4 FITNESS

TUESDAY 21:00-22:00

This is a stamina based technique session. Participants need to be able to swim a minimum of 100m comfortably and be able to do two strokes. As the main focus of this session is to build up stamina it will be predominantly based around frontcrawl although the other strokes will be used. Training drills will be used to encourage correct technique.

The Swim 4 Fitness session is free to SpringHealth members and can be booked up to a week in advance. Non-members can book on the day and it costs £6.85. All participants must register at reception before attending the session. Swim 4 Fitness only takes place during term time.

TERM DATES

10th/11th January 2012 – 14th/20th March 2012
(No sessions 14th/15th February & 28th February & 21st March)

24th/25th April 2012 – 3rd/4th July 2012
(No sessions 5th/6th June)