



Winterbourne Adult Swim Programme

We are delighted to offer an Adult Swim Programme. No matter what your swimming ability or fitness levels are, we are here to support you.

Can't swim?

Join us! Gain confidence in the water, it could save your life and open a whole new world of opportunities! It's also a great benefit for your physical and mental wellbeing too.

Intermediate and Advanced sessions

Together with our fully qualified instructors you will work towards your own goals and at a pace that suits you. The swim programme will provide support and instruction for swimmers of all levels. Here are just a few examples we can support you with

- Stroke technique/Learn a new stroke
- Breathing techniques.
- Fitness- cardiovascular endurance
- Help to achieve personal goals/competitive events- such as charity events.
- Water Skills- such as diving and tumble turns.

Swim to Fit

Do you want to get in shape and stay healthy? The swim to fit sessions are just for you, mix up your weekly swim with our swim fitness training plan. We will give your swim session a clear structure to follow. It includes hints and tips throughout to keep you swimming in the right direction.

We offer the programme on a termly basis on a Tuesday & Wednesday evening.

Age: 16 years old to 100 years young!!

What do I need to bring: Bottle of water, swimming hat and goggles.

For further details contact swimming@winterbourneacademy.org.uk or to book call Julie Trott on 01454 252000 EX 4041