



Swim Skills 4 & Club Ready

Tuesday 4.15-5.15pm, Wednesday 5.15-6.15pm, Saturday 3.00-4.00 & 4.00-5.00pm & Sunday 12.20-1.20pm

Here are a few pointers to help you get the most out of SS4 and Club Ready.

Timekeeping

Arrive in time, so you are ready to be escorted in 5 minutes before you class starts. If you are late, you may not get in.



Keep Hydrated-Bring a Water Bottle

Now that you are swimming full 25metre lengths. The work can be tiring, especially at the start, with the transition from widths to lengths. Since you will be working so hard, it's **very** important to drink water to keep hydrated, so try and remember to bring a water bottle to **EVERY** session. Do not go too fast at the start of the lesson.

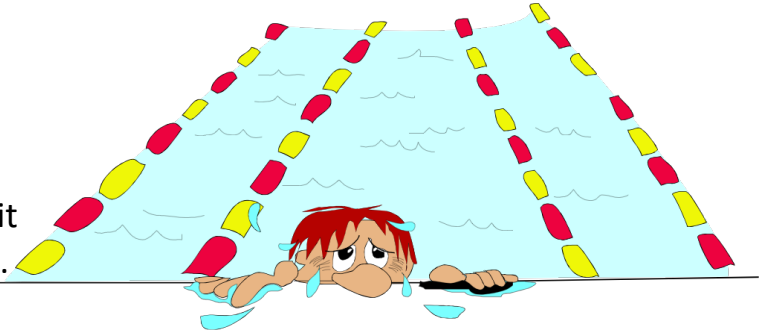
1 Hour Session-No P in the POOL

The class is an hour long. This will help you work on your stamina and technique over longer distances. ...but make sure you go to the toilet before coming along because you don't want to be missing out on precious swimming time.



Lane Direction-Rules of the Pool

When first swimming in lanes, it can all be a bit confusing! Here are the points to remember ...



- There are six lanes, numbered 1-6
- When you are at the diving end (deep end) and facing the pool, Lane 1 is always on your right
- All lanes go clockwise

Using the Pace Clock

The pace clock is used in many different ways, but you only need to know 2 ways...



- If you are swimming first in the lane, you need to listen to the teacher to know when you push off the wall. We use words like – on the top, on the 15, or on the 30. We use the red hand.
- All other swimmers in the lane have to watch the clock to work out the spacing. You may be asked to go 5 or 10 seconds apart.

Question Time

Anything still unclear? ASK!! We are here to help you to become a better swimmer.