



## Intermediate Freestyle & Backstroke 45mins | 1000m (40 lengths)

### Warm Up

- 1 x 50m jogging
- 1 x 50m freestyle (slow long strokes)
- 1 x 50m backstroke (slow long strokes)

### Stretches

- Neck, shoulders and hamstrings

### Drills

- 4 x 50m freestyle fast swims (30 second rest between 50's)
- 1 x 100m freestyle kick with board in one hand, other hand by side, face down, streamlined, breathe to side every 6 kicks
- 4 x 50m backstroke fast swims (30 second rest between 50's)
- 1 x 100m backstroke kick, board over knees, long straight spine, hips up
- 1 x 100m freestyle, steady pace, rolling body
- 1 x 100m backstroke, steady pace, rolling body
- 1 x 50m slow jogging

**Relax in the spa!**  
(for patrons 16 years and over)



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[www.h2oxream.com/drillsheets](http://www.h2oxream.com/drillsheets)*

# Adult Swimming

Whether you are an experienced swimmer or a cautious beginner if you transform your experience of being in the water to unlock your potential you can learn to swim with ease, grace and power.

Our adult classes and training sessions work on fundamental skills such as how to balance in the water and how to breathe freely.

For more advanced swimmers we can re-craft the techniques you use in your strokes in ways that promote optimal alignment with minimal effort and strain.

Aerobic training sets can be designed to suit your needs. Swimming should be fun, reflective, meditative - a precious break from pressured lives.

## Revitalise your experience!

### Classes:

- Beginning to Swim/Learning to Trust
- Improving your Technique/Learning to Breathe
- Fitness/Stroke improvement/Triathlon swimming

\* See *Adult swim programmes and Sunday Women Only Swim Night brochures*

### Other Options:

Group work: if you are part of a group that would like to receive instruction, arrangements can be made to suit your needs.

Private lessons: one to one private lessons and/or coaching sessions are available.

Swim Check Perfect: if you prefer to train alone but would like occasional progress checks or development sessions.

**Talk to us for further advice or if you have any queries please contact us to discuss.**



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