FAQ

Q: Do I need to be a good swimmer to register?

A: No... We ask that you are capable of swimming freestyle one 25m lap of the pool and feel comfortable in the water.

If you are a newbie swimmer we will not have the time to spend one on one training with you .

Q: Does the course cover all swimming strokes?

A: No, the main focus will be freestyle

Q: What happens if I can’t keep up?

A: The structure of the programme will be to stop and rest after 25m at the beginning and hopefully everyone will be capable of swimming 50m without stopping by the end of the four weeks.

Q: I used to swim when I was a kid but haven’t for years?

A: Awesome! We will have 3 lanes booked, where people who are good swimmers will get to do a little more than people who need more work on technique.

Q: I can’t make each week and don’t want to miss out any information?

A: At the beginning of each session we will go over the drills we did the week before

Q: Will I have to join the Masters Swimming Club at the end of the 4 weeks programme?

A: Absolutely not, although the club would love new members there won’t be pressure to join.

Q: What will I need to bring?

A: Towel and goggles, if you have your own fins bring them to, Oh! Don’t forget the hat, sunglasses and drink bottle.