

Woodham Swimming Club

Activities



The Club offer many activities for most levels of ability and ages (Juniors/Teenagers/Adults), including our popular short 4/6 week Improver & Confidence building sessions.

South Woodham Ferrers Leisure Centre, South Woodham Ferrers

Confidence building:-

Simply gain more confidence in the water & use minimum of effort

Improver:-

Levels 1-4 stroke improvers

Stamina Training:-

Improve your stamina or simply swim for general health/fitness

Development Squad:-

The early stage of working to become a club SQUAD swimmer

SQUAD:-

Our top level of swimmers who train against the clock

Rookie Life Saver:-

1-4 Star Water Safety, Self Rescue, Rescue & Emergency Response

Life Saving:-

Levels 1-3 Water Safety, Rescue & Casualty Care

Progressive programme leading to GCSE PE and Bronze Medallion

All our club sessions are run by fully qualified instructors who have appropriate insurance and the club are affiliated to organisations for each activity.

We offer a '**Free**' **Trial swim** to assess your ability, 4/6 week introductory session(s), fun Galas/races (working towards competitive swimming).....you learn, help to keep healthy and have fun!!!

Phone: Trevor Greenway (01245 329490 / 07974 684774)

Email: enquiries@WoodhamSwimmingClub.org.uk

Website: www.WoodhamSwimmingClub.org.uk

(You may also enquire at the Pool)