

Managed by Places for People Leisure Ltd. in partnership  
with Waverley Borough Council



#ActiveSurrey



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# “50+ Water Confidence Course.”

9 Week Courses £30  
Start Mon 16th & Fri 20th October

Please choose Monday or Friday when booking

[www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)



Godalming Leisure Centre  
01483 410500

Please book & pay at reception

Whatever place you're into

Session 1 & 9: Mon 10.45-11.45 or Fri 1.30-2.30  
Session 2-8: Mon 11.00-11.45 or Fri 1.30-2.15



Get the Places Locker fitness app

## Water Confidence Courses

Our Active Surrey 50+ Water Confidence Courses are for non swimmers, or those of your who may be out of practice. We'll help you dip your toe in the water and develop or regain your confidence and competence.

### **Session 1 (Monday 16<sup>th</sup> Oct 10.45-11.45am or Friday 20<sup>th</sup> Oct 1.30-2.30pm)**

Your first session will be a meet and greet in the Cafe with a tour of the building.

### **Session 2-8 (Monday 11.00-11.45am or Friday 1.30-2.15pm)**

These sessions will be structured in the pool taking you through a range of skills.

#### **Water Confidence**

- Enter and exit the water safely
- Move into a stretched floating position (aids and equipment may be used)
- Regain upright position
- Push and glide
- Rhythmical aquatic breathing
- Submerge comfortably
- Swim 10m front & back

#### **Improvers**

- Swim 25m in two strokes to ASA Standards
- Push & glide streamlining from the wall
- Log roll, touch turn
- Perform a hand touch turn
- Surface dive fully submerging to pick up an object
- Sculling
- Lifesaving backstroke or sidestroke
- Swim 100m
- Pull & Kick 50m
- Lane etiquette
- Tread water & hold Help position

#### **Technique**

- Swim 100m in 3 strokes
- Swim 200m in 2 strokes to ASA standards
- Swim 800m continuously to ASA standard
- Swim butterfly or breast stroke to include 6 rhythmical breaths
- Perform a tumble or touch turn in a minimum of 3 strokes from 10m into and out from the wall
- Kick 25m in a minimum of 3 strokes with or without a kickboard
- Demonstrate 2 different types of sculling over 25m
- Use a pace clock to monitor turnaround times
- Perform a competent dive
- Perform eggbeater kick for 1 minute
- Perform a straddle entry

### **Session 9 (Monday 11<sup>th</sup> Dec 10.45-11.45am or Friday 15<sup>th</sup> Dec 1.30-2.30pm)**

Your last session last will include a coffee and chat plus feedback.

**Any questions, please call us on 01483 410500.**



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