

CALLING ALL FUTURE SWIM TEAM MEMBERS!!



**EARN YOUR ASA
PRE COMPETITION
DEVELOPMENT
AWARDS
(LEVEL 1 & 2)**

**FAST TRACK
ONTO THE
ACADEMY SWIM
TEAM!**

**FOR SWIMMERS
IN STAGES 4 +**

**A FANTASTIC
OPPORTUNITY
COMPLIMENTING
YOUR ASA STAGE
CLASS**

FRIDAY 5:00 PM



PRE-SWIM TEAM SKILLS N DRILLS

ACADEMY SWIM TEAM



For swimmers in Stages 4 +

Pre-Swim Team Skills n Drills will help to develop the skills and confidence needed for aspiring swimmers wishing to enter swimming competitions, & advance into the Academy Swim Team.

Swimmers will work on stroke development, kicking, turns and using a pace clock. They will learn the efficient performance of the four competitive strokes and racing skills, followed by the more demanding aspects of training development.

BOOKINGS NOW BEING TAKEN AT RECEPTION

SWIM ACADEMY

Burnham-on-Sea
Swim & Sports Academy

www.bospool.com

01278 785909

 Burnham-on-Sea Swim
& Sports Academy