

Andover Swimming & Water Polo Club – Information

www.andoverswimming.co.uk

- The club provides swimming opportunities for members across a wide range of age and ability.
- New members require a trial swim; please contact membership@andoverswimming.co.uk for further information.
- Unfortunately, due to the depth and facilities at the temporary pool, we are currently unable to offer water polo training.

Squad Name	Squad Description	Sessions (*)	Recommended Kit	
Learn to Compete Squad	This squad offers swim teaching within dedicated groups, introducing swimmers to the four competitive swimming strokes, plus the additional skills needed for competitive swimming. We can only accept children aged six or over.	Mon 6:30pm	Swimming Hat Goggles	
Development Squad	This squad improves upon the basic competitive swimming strokes and skills, introduce the swimmers to coached training sessions, and help build stamina. Swimmers will be offered two sessions per week, by invite only.	Mon 7:15pm Wed 7:15pm Fri 5:45pm Sun 5:30pm	Water Bottle Swimming Hat Goggles	Kick Float Pull Buoy Swim Fins
Competitive Squad	This squad further refines the technical aspects of the competitive swimming strokes and skills, whilst further increasing stamina and building race techniques. Swimmers will be offered two or more sessions per week, by invite only.	Mon 8:00pm Wed 8:15pm Thu 8:00pm Fri 6:45pm Sun 6:30pm	Water Bottle Swimming Hat Goggles Swim Snorkel	Kick Float Pull Buoy Swim Fins Paddles
Masters Squad	This squad provides structured training and guidance for adult swimmers, catering for a range of abilities equivalent to the Development and Competitive Squads. Swimmers will be offered two sessions per week, by invite only.	Mon 8:00pm Wed 8:15pm Fri 5:45pm	Water Bottle Swimming Hat Goggles Swim Snorkel	Kick Float Pull Buoy Swim Fins Paddles