

All Swimmers.....

- * **Extra Session at Basingstoke Aquadrome**
- * **Saturday 13th October 2018 from 6:00pm**
- * **Open to ALL club swimmers at ALL levels**
- * **The main focus will be on diving where possible**
- * **There is no charge/cost for this session**

This additional session offers a great opportunity to learn or practise diving in an environment suitable for competitive swimming.

We cannot undertake these activities in the temporary pool, so we would encourage ALL swimming members of the club to attend.

Don't worry if you've never dived before; this is a great chance to have a go, and for the youngest swimmers we'll start with jumping instead of diving.

Important Details:

The session will be split into a number of groups as follows:

Group	Criteria	Extra Session Details
1	All swimmers who normally swim on Monday evening at 6:30pm.	<u>From 6:00pm to 7:00pm</u> An extra swimming lesson, plus jumping/diving depending on ability.
2	Selected swimmers to do the deep water section of the "competitive start award" (<i>you will get a separate email if this applies to you</i>)	<u>From 6:00pm to 8:00pm</u> Specific details will be emailed to this group ahead of the session.
3	Swimmers under age 18 who do NOT have their full "competitive start award" and do NOT fall into groups 1 or 2 above.	<u>From 6:00pm to 7:00pm</u> Opportunity to learn competitive diving, split into groups catering for all abilities.
4	Everyone else including all seniors and masters.	<u>From 7:00pm to 8:00pm</u> Opportunity to practise competitive diving, including relay takeovers.