

Andover Swimming & Water Polo Club – Information

www.andoverswimming.co.uk

- The club provides competitive 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.
- We plan to re-start water polo training once settled in the new leisure centre in 2019.

| 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 only accept children aged six or over. | Wed 6:00pm | 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 or three sessions per week, by invite only. | Mon 7:00pm Wed 7:00pm Thu 6:00pm Sun 6:00pm | 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 Tue 8:00pm Thu 7:00pm Fri 7:30pm Sun 7:00pm | 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 or three sessions per week, by invite only. | Mon 8:00pm Thu 8:00pm Fri 7:30pm | Water Bottle Swimming Hat Goggles Swim Snorkel | Kick Float Pull Buoy Swim Fins Paddles |