

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 see our website for more information including details of how to get in touch.

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
Water Polo	Offers the chance to learn a fast paced and exciting team sport, with the aim of competing at local, regional or national level.	Sun 4:00pm Sun 5:00pm	Swimming Hat Goggles	