

How to swim safely in colder months.

This class is aimed at those who are:

- Already comfortable swimming in Open Water
- Wanting to continue to swim throughout the colder months
- Swimming throughout the colder months for the first time

This course is 60 minutes and covers:

- What does it feel like to swim in the colder months?
- How long can I stay in for?
- What is the best way to enter the water?
- What is the best way to warm up afterwards?
- What is afterdrop and how do I stop it?
- Do I need to acclimatise?
- What equipment do I need and why?
- Where is it safe to swim in the winter?
- Myth busting
- How can I stay safe in the colder months?
- Why do it?

The session aims to enable swimmers to continue swimming safely during the colder months. Please note, this is not an Introduction to Open Water for those new to swimming in cold water.

IMPORTANT NOTES

Wetsuits are optional, but preferable if you usually wear one.

Please dress suitably for swimming in the colder months.

A Tow Float is mandatory

This class is for over 18s only. Please note, you **MUST** be able to swim already and comfortable and confident in cold water. These classes are not to teach swimmers to swim, it is coaching swimmers to swim outdoors.