



Learn to swim with Fareham Nomads SPACES AVAILABLE NOW!

Our friendly, qualified teachers and coaches teach children aged 4 and upwards, in line with the Swim England 'Learn to Swim' Programme.

We'll help to develop good stroke and training techniques and provide opportunities to compete at all levels.

Swim twice a week.

Friendly club environment and social events.

Learn to Swim Stages 1-6

- Stage 1 - Basic safety awareness, movement and confidence in the water
- Stage 2 - Safe entries to the water, push and glide and travelling for 5m on front and back
- Stage 3 - Developing safe entries including submersion, travel up to 10 metres on front and back and water safety knowledge
- Stage 4 - Understanding of buoyancy, refining kicking technique for all strokes and swimming 10 metres
- Stage 5 - Sculling and treading water skills, full somersault and handstand in the water, demonstrate an action for getting help and perform all strokes
- Stage 6 - Push and glide in all four main strokes, perform surface dives and swim 10 metres wearing clothes

Our Learn to Swim classes can:

- Provide a pathway into our competitive squads, if desired
- Be a chance for children to make new friends and learn a new skill

Venues: Fareham Leisure Centre

For more information or to arrange a free trial, contact: enquiries@farehamnomads.co.uk



Competitive swimming for all ages, including adults

Our friendly, qualified coaches help children and adults develop good stroke and training techniques.

With our Level 3 coach we are able to offer land training and advice on fitness and nutrition to help swimmers to develop and compete at all levels from Novice up to National.

Under 18s

- Our aim is to help every swimmer fulfil their potential in a fun swimming environment
- Aligned to the Long-Term Athletic Development pathway, focusing on technical ability
- Introducing competition, from local junior novice galas through to County and National levels

Adult Improvers & Masters Squad Over 18s

- Our Masters squad is designed for people who want to swim competitively or just to keep fit
- High-quality and friendly Swim England qualified coaches
- Friendly club environment and social events

Venues: Fareham Leisure Centre, West Hill Park School, Holly Hill Leisure Centre and Mountbatten Centre

For more information, contact:
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