

Attendees

Training sessions are open to anyone from a club affiliated to swim England East Region with a Disability Swimming Classification or who are on a waiting list for classification.

There will also be a development lane for swimmers on the Para-Swimming pathway and not yet on the classification waiting list, via invite. Swimmers wishing to apply for classification and haven't already done so, are encouraged to attend.

Training

Training will be based around skills and efficiency and swimmers are asked to bring along their own competition warm up. Coaches will be on hand to offer advice and to ensure that you are swimming as efficiently as possible. It is also another great opportunity to swim with the other Para-Swimmers from the region.

Please note that swimmers will be expected to take part in pre-pool work so all swimmers should come prepared for a land based warm up on poolside prior to swimming and are therefore advised to bring a t-shirt to wear during that period as well as all equipment usually taken to training.

It is important that your coach knows about the session and is happy for you to attend, so please ensure you speak to your coach before booking.

Booking

To book, please complete the online form on www.eastswimming.org. Regional training sessions cost **£10 per swimmer per training session**. Payment should be made by BACs by the closing date for bookings for each session. Payment details will be emailed to you on receipt of your booking form.

If after booking any of your details change or you are unable to attend, please contact bookings@eastswimming.org.

Team Managers

All regional training sessions need Team Managers to run. Any parents/guardians of swimmers interested in helping must have attended a Team Manager course and have a valid safeguarding certificate and DBS check through Swim England.

If you are available to help out at one of our regional training sessions, please email us at bookings@eastswimming.org no later than a week before the date of training. All help is always greatly appreciated.