



SWIMMING ACADEMY



Shrewsbury School

SHREWSBURY

ACTIVE

SPORTS FACILITIES
DEPARTMENT

Development Squad

The aim of our Development Squad is to bridge the gap between instructor led swimming lessons and coach led competitive squad training.

Participants will progressively be introduced to training sets whilst receiving feedback to improve stroke technique and general fitness.

The sessions use the Swim England Stages 8 - 10 to assist in providing further stroke development, along with the graduated introduction of competitive starts, turns and building of stamina.

Our Development Squad sessions run throughout the week and are open to children who have completed Swim England Stage 7.

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DEFINING
EXCELLENCE
IN SPORTS