



## Box End Water Park

The perfect training venue for open water swimming. Not only is the lake safe and clean for swimmers, there are also some great on site facilities: changing rooms, lockers, showers and cafe.

### New to Open Water Swimming?



If you have never swum in open water before, a 1-2-1 or small group session is recommended first to learn the right skills and get confident in the water. Swimmers must be able to swim 400m continuously.

**Beginner Courses:**  
(Dates by request).  
Cost (add lake entry £5):

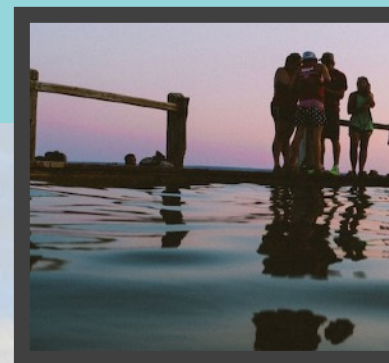
- 1-2-1: £45
- 1-2-2: £35 pp
- 1-2-3: £25 pp
- 1-2-4+: £20 pp

\*\*Wetsuit hire is available on site



### Learn to:

- \* Enter and exit the water safely
- \* Control your breathing, control your environment
- \* Adapt your stroke
- \* Race starts
- \* Put on your wetsuit - properly!
- \* Deal with anxieties
- \* Swim in a straight line



### Introducing Gavin:

A level 3 British Triathlon coach, and an accredited Swim Smooth coach.

- \* Online Triathlon coaching
- \* Weekly swim squads in Northamptonshire
- \* 1-2-1 video analysis the Swim Smooth way!
- \* Run / Bike / Open Water coaching

With personalised attention of your unique goals, events and life in mind. I can help you realise your potential whatever your level.



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