



**SWIMFIT**  
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WWW.SWIMFITUAE.COM

# SWIMFIT

## BEACH TRAINING

## OPEN WATER SESSIONS

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**SEASON 2023-2024**



+971 52 1885 524



info@swimfituae.com





## What is the open water sessions ?

Open water swimming refers to the practice of swimming in natural bodies of water such as lakes, rivers, oceans, and even reservoirs, as opposed to swimming in a controlled and confined environment like a swimming pool. This form of swimming typically takes place in uncontrolled, often unpredictable conditions, including changing water temperatures, currents, waves, and varying visibility. Open water swimming can be done for various purposes, including recreation, fitness, competition, or long-distance endurance events. It offers a unique and challenging experience compared to swimming in a pool, and it often requires swimmers to develop specific skills and techniques to navigate and succeed in open water environments.







## Benefits:

- **Enhanced Endurance:** Beach and open water training challenge young swimmers with varying conditions, improving their endurance and adaptability.
- **Stronger Technique:** The unpredictable nature of open water refines swimming techniques, making young swimmers more skilled and confident.
- **Mental Toughness:** Training in open water builds mental resilience, teaching young swimmers to overcome obstacles and stay focused.
- **Environmental Awareness:** Beach training fosters a deeper understanding of marine ecosystems and respect for nature.
- **Team Bonding:** Open water sessions encourage camaraderie among young swimmers, enhancing teamwork and unity.







## SWIMFIT OPEN WATER SESSIONS PROGRAM:

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- **Date : SATURDAY 14th october 2023**
  - **Time : 7AM till 10 AM**
  - **Location : KITE Beach Jumeira ( pin will be sent)**
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## PROGRAM :

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- **7AM : Warm up on sand**
  - **7:30 : open water training**
  - **8:45: resting ( snacks time )**
  - **9AM : fun time ( Kayak , paddle, sub )**
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## WHAT YOU BRING FOR THE **DAY** ?

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- ( water , healthy snacks , towel , comfy swimsuits, goggles , swimfit head cap ..ect )

## **IMPORTANT** NOTE FOR PARENTS :

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- Your presence on training days is crucial for the safety and support of your child. Please ensure you are there to watch over them during their training sessions.

## **SAFETY** TRAINING NOTICE:

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- To prioritize the safety of our young swimmers, we want to inform you that our coaches will be swimming with the kids on the specified day. Rest assured, they will be actively supervising and taking care of your children throughout the session



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# REGISTRATION DETAILS:

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- Booking must be maximum 5 days before the training day
  - Book your child slot & Pay in advance
  - Ask for payment link / bank transfer
  - Last day to register ( 10/10/2023 )
  - Minimum age is : 7 years old.
  - Fees : 125 per swimmer per day
  - siblings will get 25% on total registration
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