

# OCEAN CLINICS



Enhance your open water swimming technique and racing proficiency with Western Aquatic Academy's structured weekly Ocean Clinics, held at Williamstown Beach

## GROUP STRUCTURE

**LEVEL 1 – Introduction to Ocean Swimming:** Building confidence and technique in an open water environment

*Entry Requirements:* 1) The ability to swim a minimum of 200 metres of continuous freestyle (without stopping or touching the bottom) and 2) the ability to tread water vertically (without assistance or touching the bottom) for a minimum of three minutes

*Session Time:* 8.30am briefing, 8.40am start, 9.40am finish

**LEVEL 2 – The Developing Ocean Swimmer:** Building open water technique, skill and stamina

*Entry Requirements:* 1) The ability to swim 400 metres of continuous freestyle in under 10 minutes and 2) the ability to tread water vertically (without assistance or touching the bottom) for a minimum of five minutes

*Session Time:* 8.30am briefing, 8.40am start, 9.40am finish

**LEVEL 3 – The Proficient Ocean Swimmer:** Enhancing open water technique, skill, stamina and race strategy

*Entry Requirements:* 1) The ability to swim 800 metres of continuous freestyle in under 16 minutes and 2) the ability to swim a 1.5 km to 2.5 km structured workout in approximately 60 minutes

*Session Time:* 7.20am briefing, 7.30am start, 8.30am finish

## SEASON DATES

### **Block 1 (2 sessions in 2019 + WOW Challenge)**

30/11/19, 07/12/19 + 14/12/19 (WOW Challenge – optional)

### **Block 2 (4 sessions in 2020)**

18/01/20, 01/02/20, 08/02/20, 15/02/20

Sessions will be \$10.00 each as follows: Block #1 (2 sessions) \$20.00, Block #2 (4 sessions) \$40.00. Casual sessions \$20.00

For further information, please contact WAA Ocean Clinics Director Paul Taylor at

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