

# *SADSA Open Water*

---

SaDSA also provide Open Water Training at Wykeham Lakes near Scarborough from May through to the start of September for all our member clubs.

In 2015 we had more than 70 swimmers taking part over the summer. All sessions will be supervised by experienced personnel in power boat(s) and kayaks.

Open Water requires all swimmers to be confident and strong - as a guideline they should be able to comfortably swim 400m in the pool without stopping.

All new swimmers are given close supervision in their first few sessions.

Training takes place on Monday evenings. Swimmers are expected to sign in by 6.20pm with briefing following at 6.25pm.

Whilst early sessions will be brief, time in the water will increase as temperatures improve as will training in the technical aspects of open water racing!

Cost is £3.00 per session or £30 up front for the season (15+ sessions)

We are hosting our SaDSA Open Water Championships on Saturday 2<sup>nd</sup> July - events normally start at midday. These are likely to incorporate the Yorkshire Championships as well. Full details are to follow.