

Para Training Sessions

2024-2025

The Para-Swimming Training Sessions have been set up in collaboration with the East Midland and West Midland Regions to engage and support swimmers with impairments to develop their experience and knowledge through their journey as a para-swimmer.

Programme aims



Increase the number of swimmers and coaches on the para pathway



Identify and support talented athletes



Educate and support parents and carers of para swimmers



Provide clear messaging and support for athletes



Each session will consist of a pool session aimed to develop technique and skills in all four competitive strokes, and a land session aimed to develop swimmers fundamental movement skills.

Sessions will be delivered by a team of coaches selected by the Regional teams, in liaison with Swim England Para-Swimming Talent Officer.

The Training Session programme is the first step of the Para-Swimming Talent Pathway, and all swimmers with a classification (or on the waiting list) and invited to access the regional training.

Dates

- Sunday 12th January
- Sunday 16th March
- Sunday 15th June
- 11:00 - 15:00

Sign-Up

Use the QR code to find our eligibility criteria, classification, costs, and how to sign up.

