MOUNT KELLY

Boarding and Day School
Boys and Girls, Aged 4-18

Swim School 2027

Summer 22 to 27 August

Join us at Mount Kelly this year to improve your technique, confidence and make new friends both in and out of the pool



Ages 10 to 16	**Residential £540***
Ages 8 to 16	**Non-Residential £410***
Ages 8 to 16	Non-residential with evening meal £457*

* Plus booking fees

All applicants must hold at least a Swim England Club Train membership at an affiliated club (or equivalent if you reside outside of England) and be able to swim 400m continuously.

swim@mountkelly.com 01822 813170 **www.mountkelly.com/swim-school**





COURSE DETAILS

Our coaching team will guide swimmers through skills, drills and practices that have helped to produce over 80 International swimmers and medallists at Commonwealth and Olympic Games. All aspects of training are included and groups will be arranged according to age, experience and ability. Colour teams form the basis of the competitive challenges throughout the week culminating in a swimming gala on the final day, to which parents are invited.

Our Swim School has run for over 40 years and we continue to focus on technique development for all our course members. Swimming skills are the highest priority and we ensure that children have an enjoyable and rewarding experience.

During the week children will take part in activities away from the pool including high-ropes and archery sessions at our outdoor activity centre, evening social activities (BBQ, disco, film night, talent competition) and a shopping trip to Tavistock.

COURSE CONTENT

- Stroke development workshops in and out of the pool on all four strokes
- Coaching improvement of starts, turns and finishes
- Digital video analysis under and above water
- Goal setting - how to get the best out of training and racing
- Comprehensive land training including: Circuit Training, Strength & Conditioning, and Pre & Post Pool routines
- Sports Psychology
- Sports Nutrition
- Games and Challenges



REFUNDS & EXCHANGES

1. All refunds are subject to a £100 administration fee. Refunds are available until 10 working days prior to the commencement of the event.
2. Customers are able to carry forward any payment to future Swim Schools. If an exchange is made, no refund is permitted.