



SwimNE



summer challenge



Six weeks of summer and six challenges for you. Can you complete them all? Share your photos & videos with us on our Facebook or Instagram pages with #summerchallenge to be in with a chance to win some amazing prizes.



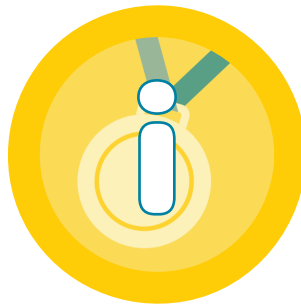
Swim

Go for a swim with friends or family. Check out the fab summer sessions that our friends at PaddlePod are offering



Water safety

Head to the beach and look for flags to tell you whether it is safe to swim and whether there is a lifeguard on duty



(Be) inspired

Did you know that the 2022 Commonwealth Games take place between 28th July and 8th August. Can you find out where they are being held?



Mix it up!

We love swimming but when we aren't in the pool, we like to take part in other sports. What other activities do you enjoy? Tell us or, better yet, show us!



Name them

There are four swimming strokes. Can you name them all? Want to make it even more challenging? Find out how the arm and leg movements differ for each stroke



Enjoy

What do you enjoy most about your SwimNE lessons? Tell us in a video, send us a picture, make up a poem... get creative! We can't wait to hear what you have to say!

