

## **SWIMMING:**

At Beaulieu Prep, the emphasis on comprehensive skills development and professional coaching is evident in our approach to swimming education. Our Physical Education (PE) lessons are designed to provide students with a robust foundation in swimming, fostering their growth and proficiency in the sport. Guided by qualified and experienced coaches, our co-curricular programme further refines their abilities, ensuring the development of proficient and confident swimmers.

At the heart of our swimming programme is our A squad, a dedicated group comprising approximately 35 talented swimmers. These committed individuals participate in weekly Interschool Galas, where they put their skills to the test in competition and display their progress.

The swimming calendar at Beaulieu Prep is divided into two distinct seasons, each offering a unique set of challenges and opportunities. This division allows our swimmers to tailor their training and goals to specific time frames, enhancing their focus and performance. Throughout these seasons, our swimmers engage in a series of skills-building exercises, endurance training, and specialized coaching sessions, all contributing to overall growth and success in the pool.

Beaulieu Prep's swimming programme is marked by a commitment to skills development, professional coaching, and a vibrant culture of competition. With a dedicated A squad, regular Interschool Galas, and two distinct seasons, our students have ample opportunity to thrive and excel in swimming while fostering important values such as teamwork, discipline and sportsmanship.