

# The UK's first fully inclusive open water and pool facility



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The Ocean Walker Academy allows others who may find it too difficult to swim, or believe their body's condition would prevent them from being able to

On the edge of the Lincolnshire Wolds, UK, is a new purpose-built open water swimming training centre.

The Ocean Walker Academy has been transformed by Adam Walker and Gemma Clarke into a stunning 7 acre lake with four islands and 3 acres of elevated landscaped garden to provide beautiful viewing points.

In addition, there is a multi-purpose activity barn with an indoor endless pool for swim technique training/water therapy, as well as a gym and open space for fitness classes, business conferences and weddings.

The lake has shallow areas and easy access to allow children and disabled swimmers to enjoy a safe open water swimming experience. Using Adam's developed Ocean Walker Technique, the Academy looks at the biomechanics of stroke work within the body's natural range. It is a suitable technique for amateur, professional, pool and open water swimmers, no matter your shape and size, or whether you are able-bodied, injured, rehabilitating or disabled. The Ocean Walker Technique helps swimmers swim faster and for longer.

The founder and brains behind the academy are Adam Walker (first British person to complete the toughest 7 ocean swims in the world and founder/creator of Ocean Walker Technique) and Gemma Clarke (Co founder and Head Coach of the Ocean Walker Technique). Their passion is to help people achieve their swimming goals by teaching them a unique way of swimming, which can overcome injury and make them swim the most efficient way possible.

Adam is keen to welcome all swimmers. "I believe that swimming truly is for everyone, and having developed my technique that helped me achieve the toughest swims in the world, I can help all body types and abilities to improve their swimming. We are inclusive of all people and want to help show it is not too late and it is possible to stay active and enjoy swimming!"

Ash Jenkins has quadriplegic cerebral palsy and is excited to experience open water swimming at this new academy.

"This facility is the first of its kind. It has been built by someone who has struggled and battled through injury and come out on top. The Ocean Walker Academy allows others who may find it too difficult to swim, or believe their body's condition would prevent them from being able to be active, to see that there is a way."

You can find out more about The Ocean Walker Academy via their website:

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