



RACE PREP CLINICS

With a focus on starts, turns & finishes, a Race Prep Clinic will help your child confidently participate in their upcoming school swimming carnival.

\$19.50 PER SESSION | 45 MINUTE SESSIONS

**INTERMEDIATE RACE PREP FOR BRONZE/SILVER
BEGINNER RACE PREP FOR MARLIN/DOLPHIN**

MON 10TH JAN WITH RYAN

Intermediate - 1.30 pm
Butterfly & Backstroke

Beginner - 2.15 pm
Freestyle & Backstroke

THURS 13TH JAN WITH RYAN

Intermediate - 1.30 pm
Breaststroke & Freestyle

Beginner - 2.15 pm
Freestyle & Backstroke

TUES 18TH JAN WITH TATIANA

Intermediate - 1.30 pm
Breaststroke & Freestyle

Beginner - 2.15 pm
Freestyle & Backstroke

WED 19TH JAN WITH TATIANA

Intermediate - 1.30 pm
Butterfly & Backstroke

Beginner - 2.15 pm
Freestyle & Backstroke

THURS 27TH JAN WITH SHARON

Intermediate - 1.30 pm
Butterfly & Backstroke

Beginner - 2.15 pm
Freestyle & Backstroke

FRI 28TH JAN WITH SHARON

Intermediate - 1.30 pm
Breaststroke & Freestyle

Beginner - 2.15 pm
Freestyle & Backstroke