



STROKE & RACE SKILLS CLINICS

Saturday 2nd June 2018 10am-2.30pm

Christchurch Grammar School
Queenslea Drive, Claremont



Hosted by members of the Australian Dolphins Swim Team and WAIS Southern High Performance Squad
ALL AGES AND SKILL LEVELS WELCOME!

COME AND JOIN IN FOR THE
CHANCE TO BE INVOLVED IN:

- Meet & Greet
- Signings
- Awesome Giveaway Prizes
- Fundraising Sausage Sizzle

Cost: \$60 flat rate for the day!

RSVP: Sunday 27th May to shptc.clinic@gmail.com

Senior athletes will be running 40min sessions
per stroke including race skills and technique

10:10-10:50am: **Freestyle**

11:00-11:40am: **Backstroke**

11:40-12:10: **Lunch**

12:20-1:00pm: **Breaststroke**

1:10-1:50pm: **Butterfly**

Payment Option

Account Name: Holly Barratt

Account Number: 10027885

BSB: 066 156

Or full cash payment prior to the
commencement of the first session.

