



VILLANOVA SWIM CLINIC

Improve your performance in the water

Coaches will work on perfecting your body position in the water, stroke correction and core strength to achieve maximum efficiency in the water. Training will involve a combination of pool work, gym training, video review and feedback of strokes. We will also begin to work on starts, turns, and finishes.

Morning tea and BBQ lunch provided on the day.

Don't miss this opportunity to improve your skills in the water and expand your knowledge about swimming.

Contact Ms Jacobs or the Sports Office if you have any questions.



15th January 2018

7am – 1pm

Don't miss this opportunity to improve your skills and have fun as part of the Villanova Swim team

Let's start the 2018 season with a kick start

To register please RSVP via email to Mrs Jacobs *before* 20th November

No cost

LANGLANDS POOL

Monday 15th January 2018

7am – 1pm

Register with Mrs Jacobs

jjacobs@vnc.qld.edu.au