



# 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.



**21<sup>st</sup> January 2019**

**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 2019 season with a kick start**

**To register please RSVP via email to Ms Jacobs *before* 25<sup>th</sup> November**

**No cost**

**LANGLANDS POOL**

**Monday 21st January 2019**

**7am – 1pm**

**Register with Ms Jacobs**

**[jjacobs@vnc.qld.edu.au](mailto:jjacobs@vnc.qld.edu.au)**