



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 and feedback of strokes. We will also begin to work on starts, turns, and finishes.

Students must bring own morning tea and snacks, all swimming gear, running shoes, water bottles, hat and shirt for gym work. Lunch and morning tea cannot be provided this year due to COVID restrictions.

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.



18th January 2021

6:45 am – 11:30 am

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

Let's start the 2021 season with a kick start

To register please RSVP via email to Ms Jacobs before 27th November

No cost

LANGLANDS POOL

Monday 18th January 2021

6.45 am – 11.30 am

Register with Ms Jacobs

jjacobs@vnc.qld.edu.au