



## VILLANOVA SWIM CLINIC

**Monday 15<sup>th</sup> January 2024**

**7:00 am – 9:30 am**

### **Improve your performance in the water.**

Coaches will work on perfecting your body position in the water 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 a light snack and all their swimming gear including their own kit bag.*

*Don't miss this opportunity to improve your skills in the water and have fun with others in the swim team.*

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



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

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**Let's start the 2024 season with a kick start.**

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**To register please RSVP via email to Mrs Jacobs before 10<sup>th</sup> January**

**No cost**

### **LANGLANDS POOL**

**Monday 15th January 2024**

**7.00 am – 9.30 am**

**Register with Ms Jacobs**

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