## HOLIDAY CLINICS - 2019/2020

### COACHING CLINICS
16 to 20 December 2019
20 to 24 January 2020

**Intensive Stroke Correction**
9.00am to 11.30am Daily
- Intensive Stroke Correction in all four strokes
- Dives, Turns and Finishing practice daily
- Stretching Exercises
- Dry-land Exercises for Swimmers
- Relay Races
- Video Analysis of each Swimmer with Feedback

**COST:** $90.00 per clinic

Bookings (payment required at time of booking)

Places are limited so book early to avoid disappointment.
Phone: 07 5559 7339 or come in and see our friendly Reception staff

Swimmers are expected to bring a small snack to have each day during a small break within the 2.5 hour programme.

### LEARN TO SWIM CLINICS
16 to 20 December 2019
13 to 17 January 2020
20 to 24 January 2020

**Intensive 30 minute Learn to Swim Classes**
- Up to five pupils per class maximum
- Fun Lessons
- Emphasis on improving your child’s current swimming ability
- Available for non-swimmers and upwards
- Ages three years and over

**COST:** $60.00 per clinic

Bookings (payment required at time of booking)

Places are limited so book early to avoid disappointment.
Phone: 07 5559 7339 or come in and see our friendly Reception staff

### HEAD COACH – FORREST BUTCHER
- Silver Level Qualified Coach
- Combined Bachelor Exercise Science & Bachelor Business (Sport Management). Master of Business Admin
- Swimming Scholarship, University of Iowa, USA
- National Age Group Gold Medallist ‘90, ‘91, ’93, ’94
- National Open Medallist ’95
- Finalist World University Games -200m Backstroke ‘95
- Australian team member ‘91 (Age Group), ‘95 (Open)