

Easter Holidays 😊



STARTS & TURNS CLINICS



ACADEMY/TEAM & ADVANCED CLINIC NOW AVAILABLE

Sign up now for this fabulous opportunity to learn or improve your racing start & turns with the Academy Swim Team's coaches. A start takes up a quarter of your 50 meter swim race (15 meters!), whilst 60% of your race will involve the Underwater Dolphin Kick used when breaking out of both your Dive & Turn!....Get your Starts & Turns sharpened and your PB's will come tumbling down!

HOW TO MASTER A TUMBLE TURN



**1.5 HOUR CLINIC
3M DEPTH POOL WITH
STARTING BLOCKS**

**UNDERSTAND THE 4
DIVE PHASES:
BLOCK / FLIGHT / ENTRY
& UNDERWATER**

**LEARN TURNS FOR
FC/BK/BR/FLY/I/M**

**IMPROVE YOUR
UNDERWATER DOLPHIN
KICK**

**PLACES LIMITED
TO BOOK CALL
01278 785909**

**CLINIC DATES:
£15.00 PER CLINIC
(20% DISCOUNT FOR SWIM ACADEMY
& SWIM TEAM MEMBERS)**

**ACADEMY & TEAM CLINIC
(Stage 6 to Potential Squad):
MONDAY 8TH APRIL
10:00 – 11:30 AM**

**ADVANCED (Dev – Regional Squad):
FRIDAY 12TH APRIL
9:00 – 10:30 AM**