

Boldmere Swimming Club is running a week of Race skill clinics in Easter half term.

Anyone from Transition or Competitive Development squads are welcome to attend.

Monday 9 April	10.30 – 12.00
Tuesday 10 April	10.30 – 12.00
Wednesday 11 April	10.30 – 12.00
Thursday 12 April	10.30 – 12.00
Friday 13 April	10.30 – 12.00

Venue - Castle Pool

Coaches – Ashley Cox, Amaro Viloría, Joey Stanger

Cost - £50 (payable by 29th March)

What you will learn:

- **STARTS**
- **TURNS**
- **STREAMLINING**
- **UNDERWATER FLY KICK (THE 5th STROKE)**
- **FREESTLYE**
- **BACKSTROKE**
- **BREASTSTROKE**
- **BUTTERFLY**
- **RELAY TAKE OVERS**
- **RACE SKILLS**

Demand for places will be high.

Please book early to avoid disappointment.

This clinic is targeted at member to improve their skills ready for the Junior League galas and the Water Carnival. Places are limited to 24 participants and will be allocated on a first come first serve basis.

To reserve your place please email:

judykenyon@aol.com

You will receive confirmation by email when a place has been reserved for you.
