

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

Anyone from Junior Competitive and Performance Development swimmers squads are welcome to attend.

Tuesday 29 May	10.30 – 12.00
Wednesday 30 May	10.30 – 12.00
Thursday 31 May	10.30 – 12.00
Friday 1 June	10.30 – 12.00

Venue - Castle Pool

Coaches – Ashley Cox, Amaro Viloría, Joey Stanger

Cost - £40 (payable by 20th May)

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 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.