



# How to Swim Faster Freestyle

## *Learn to swim faster Freestyle with James Magnussen and Kurt Herzog*

- Super fast Freestylers James Magnussen and Kurt Herzog have joined forces to share their knowledge and skills with Willoughby swimmers. This is unique as they will provide in water demonstrations, coaching and feedback.
- James and Kurt will introduce high level skills and drills learnt at the elite level. Swimmers will also learn how to maximise speed and power on their dives, turns and under water. As well a wealth of knowledge in stretching, activation, nutrition and mindset will be provided.
- Swimmers will be given live demonstrations of each skill, drill, dive, turn and fast freestyle by both James and Kurt. This access to watching, and then emulating, world class athletes is an unprecedented offering.

When: Tuesday, 23<sup>rd</sup> April. Arrive 3.15 for 3.30pm start. Finishes 6.30pm.

Where: Meet at Willoughby Leisure Center Sports Hall. Be prepared to swim.

Bookings: Through Willoughby Swim Squads. [www.willoughbyswimsquads.com.au](http://www.willoughbyswimsquads.com.au)  
\$50 for Willoughby Swim Club members. \$70 for non members

- Funded and supported by Willoughby Swim Club.  
Lanes and coaches donated by Willoughby Swim Squads.





# WILLOUGHBY SWIM SQUADS



April Holiday Schedule 2019

[willoughbyswimsquads.com.au](http://willoughbyswimsquads.com.au)

**BOOKINGS AND ENQUIRIES 0431 215 808**

**Week 1 Monday 15th April - Saturday 20th April**

**Week 2 Tuesday 23 April - Saturday 27th April**

**Payment due at the time of booking**

STINGRAYS ,SEALIONS & SWIMFIT week 1						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am					
	pm	4-5pm	4-5pm	4-5pm	4-5pm	

STINGRAYS ,SEALIONS & SWIMFIT week 2						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am	NO TRAINING DUE TO EASTER MONDAY	James Magnussen and Kurt Herzog Presentation		NO TRAINING DUE TO ANZAC DAY	
	pm			4-5pm		4-5pm

SWORDFISH AND DOLPHINS week 1						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am	5.30 7.30am*		5.30 –7.30am	NO TRAINING DUE TO GOOD FRIDAY	7.00 - 8.30am
	pm	5.00-6.30pm	5.00-6.30pm	5.00-6.30pm		

SWORDFISH AND DOLPHINS week 2						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	am	NO TRAINING DUE TO EASTER MONDAY	James Magnussen and Kurt Herzog Presentation	5.30 –7.30am	NO TRAINING DUE TO ANZAC DAY	5.30 7.30am*
	pm			5.00-6.30pm		5.00-6.30pm

FEES Please note, pool entry is not included in fees	Stingray Sealions Swimfit	Swordfish Dolphins
	1 session per week = \$20	A casual rate of \$20 per session applies for less than 3 sessions per week.
	2 sessions per week = \$30	
	3 sessions per week = \$42	Swordfish minimum 4-6 session per week \$42
4 sessions per week = \$54	Dolphins minimum 6+ sessions per week \$42	

Enquiries at [hardmanswim@optusnet.com.au](mailto:hardmanswim@optusnet.com.au)

All bookings are to be made online [www.willoughbyswimsquads.com.au](http://www.willoughbyswimsquads.com.au)

**Payment at the time of booking. Please generate a receipt at time of payment and present to Paul as proof of payment.**