



WILLOUGHBY SWIM SQUADS



July Holiday Schedule 2019

willoughbyswimsquads.com.au

BOOKINGS AND ENQUIRIES 0431 215 808

Week 1 Monday 8th July - Saturday 13th July

Week 2 Monday 15th July- Saturday 20th July

Payment due at the time of booking

During the July Holidays, in addition to our normal Stingray and Sealion offering, we will be conducting specialized stroke clinics in the form of strokes, ie, Backstroke and Breaststroke and Turns. These 30 minute classes will precede the normal Stingray / Sealion and will target 1 stroke only. The Thursday class will be a clinic on turn practice. You will be presented with up to date information along with specialised drills to get you swimming and turning your favourite strokes as well as you can. Ideal if you want to focus and improve on a specific area of your swimming.

30 Minute Stroke Clinic week 1 and 2 (targeting Stingrays and Sealions)

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 3.30-4pm		Breaststroke	Breaststroke	Turns FS and BK	
Week 2 3.30-4pm		Backstroke	Backstroke	Turns BS and BF	

STINGRAYS ,SEALIONS & SWIMFIT Week 1 and 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time am					
pm		4-5pm	4-5pm	4-5pm	

SWORDFISH AND DOLPHINS week 1 and 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time am	5.30 7.30am*		5.30 7.30am*		5.30 7.30am*	7.00 - 8.30am
pm		5-6.30pm	5-6.30pm	5-6.30pm		

FEES Please note, pool entry is not included in fees	Stroke Clinic	Stingrays/ Sealions	Swordfish Dolphins
	Week 1 \$25 for 3 sessions	1 session per week \$20	A casual rate of \$20 per session applies for less 3 sessions per week.
	Week 2 \$25 for 3 sessions	2 sessions per week \$30	
Casual \$10 paid on the day	3 sessions per week \$40	Swordfish <u>minimum</u> 3 session per week \$40	

- All bookings to be made online www.willoughbyswimsquads.com.au
- Payment due at the time of booking.
- Sealion swimmers wanting to train as a Swordfish must book, pay and train as a Sealion. Additional time as a Swordfish can be added from 5-5.30pm.
- Enquiries: hardmanswim@optusnet.com.au