



# REGIONAL SWIM CLINICS WITH CATE CAMPBELL

Join eight-time Olympic medallist Cate Campbell for a half-day skill development clinic:

- Introduction to dryland strength and mobility
- Swim technique and drills
- Swim skills (dives and turns)

## Locations:

Wallumbilla Pool, Saturday 21st March

- Junior: 9am-12pm
- Senior: 1pm-4pm

Mitchell Pool, Sunday 22nd March

- Junior: 9am-12pm
- Senior: 1pm-4pm

Spaces are limited, so nominate today

## Minimum Swim Skills:

### ● Junior Class - 6-12ys

- Swim 100m continuously
- Swim 25m of all 4 strokes
- Dive off the side of the pool
- Swim to the bottom of a 2m swimming pool

### ● Senior Class - 13-18+

- Swim continuously for 200m
- Swim 50m of every stroke
- Dive off the starting block
- Swim to the bottom of a 2m swimming pool

## To Register:



SCAN ME