



SWIMMING SOUTHLAND

COACHING CLINIC

- WHEN:** Saturday 17th October 2020
- WHERE:** Makarewa Swimming Pool
(56 Flora Road East, Makarewa)
- TIME:** 1.30pm – 3.30pm
- COST:** FREE
- WHO:** All Clubs, Splash Palace, Southern Rep Coaches and Teachers welcome

Come along and learn the basics of kicking, floating, arms and breathing. We will cover any skills or techniques that you are requiring (please let us know upon registration). This course will be run by Jeremy Duncan, Swimming Southland Head Coach and Katrina Garrett, Swimming Southland Development Officer.



Registrations are Essential – Please email Katrina Garrett, Swimming Southland Development Officer on Development@swimsouthland.org.nz