

GOLD CLASS SWIM CLINICS

FREESTYLE & BUTTERFLY

Sunday 25 November 2018

Swimming SA in partnership with Gold Class Swimming are offering junior and age group competitive swimmers the opportunity to work with one of Australia's leading swimming coaches. Being one of a select group working with highly credentialed coach Leigh Nugent, each swimmer will benefit significantly by improving their swimming efficiency through this unique opportunity.



Leigh Nugent
Head Coach of Australian Swim Team
for the 2004 & 2012 Olympics.

- Where:** Immanuel College Sports Centre, 32 Morphett Road, Novar Gardens SA 5040
- Available Clinics:**
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| Sunday 25 November 2018 | 12:00pm to 1:45pm | Freestyle | 10 to 16 years |
| | 2:00pm to 3:45pm | Butterfly | 10 to 16 years |
- Clinic Structure:** Each clinic will be conducted for 1 hour 45 minutes. The focus of each clinic is on improving body position, stroke technique and skills in freestyle or breaststroke.
- How to Book: **** Book via TryBooking at <https://www.trybooking.com/ZHPG> to secure your place in the clinic.
- Closing date:** Clinic places will close when filled.
- Swimmer Limit:** Each clinic will be limited to **20 swimmers** and bookings will be taken on a first in, first served basis together with the receipt of all monies. Parents are encouraged to book early to avoid disappointment.
- Price:** \$70.00 per clinic
- Questions:** If you have any questions in regard to the Clinic, please direct them to swimclinic@goldclassswimming.com.