

COMING TO BENDIGO

Swimming Clinic

REGISTER ONLINE

Date: Saturday 25 & 26 November

Location: Gurri Wanyarra Wellbeing Centre, 9 Browning Street, Kangaroo Flat

Saturday 25th November

Butterfly Stroke Correction Clinic and Underwater Filming

12pm - 2pm Butterfly Stroke Clinic. OPTIONAL EXTRA - Underwater Filming

[Butterfly Stroke Correction Clinic and Underwater Filming](#)

Breaststroke Stroke Correction Clinic and Underwater Filming

2-4pm Breaststroke Stroke Correction Clinic. OPTIONAL EXTRA - Underwater Filming

[Breaststroke Stroke Correction Clinic and Underwater Filming](#)

Starts and Turns and Underwater Filming

4pm - 6pm - Starts and Turns . OPTIONAL EXTRA - Underwater Filming

[Starts and Turns and Underwater Filming](#)

Sunday 26th November

Freestyle Clinic and Underwater Filming

7am - 9am - **Adult** Freestyle Clinic. OPTIONAL EXTRA 9am - 9.30am - Underwater Filming

1pm - 3pm - Freestyle. OPTIONAL EXTRA 3pm - 3:30pm - Underwater Filming

[Freestyle Clinic and Underwater Filming](#)

Backstroke Stroke Correction Clinic and Underwater Filming

10am - 12:pm Backstroke. OPTIONAL EXTRA 12pm - 12.30pm- Underwater Filming

[Backstroke Correction Clinic - Kangaroo Flat](#)

SPECIAL NOTE:

**** select no more than two sessions per day**

**** Important for younger kids (8-9) suggest only one session**




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KANGAROO FLAT SWIM CLUB



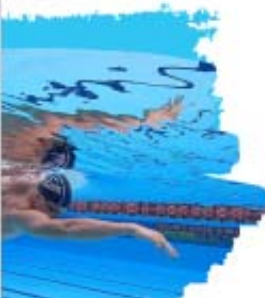
EFFORTLESS SWIMMING CLUB SWIM CLINICS


Stroke Technique Clinics **(\$60 pp/per clinic)**



Technique-focused stroke correction clinic that uses video of elite swimmers to demonstrate each part of the stroke at the beginning of the clinic, followed by a pool session working through specific drills and exercises to correct and improve the swimmer's stroke.

The clinics will cover:

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- The key fundamentals of each stroke giving the swimmer a better understanding of how the stroke works and where speed comes from
 - Finding the natural rhythm and timing of the stroke for better efficiency and pacing
 - How to develop feel for the water and why most swimmers miss the 'elusive' catch
 - Building a strong kick for maximum propulsion
 - How to implement and maintain their new stroke changes into daily training



Available for all four strokes and 'dives and turns'. Each clinic runs for 2-hours

Underwater filming and analysis **(\$60 pp/ per stroke)**

We film the swimmer from four different angles to see what the swimmer is doing well, and look closely at the 2-3 biggest opportunities the swimmer has to increase speed and efficiency in their stroke.

The swimmer will receive a detailed video analysis by the coach talking through the footage and breaking down each aspect of the stroke, with specific drills to improve. The analysis will be completed within 7 days of the clinic and sent via the Skillest app.