



WEST COAST SWIMMING CLUB

The home-based club of Challenge Stadium

INTRODUCTION TO COMPETITIVE SWIMMING OCTOBER SCHOOL HOLIDAYS

The WCSC holiday programme provides an excellent stepping stone for swimmers currently enrolled in “Learn to Swim” programmes or those new to squads who are considering joining a club and swimming competitively. Our expert coaches will give each swimmer the tools to improve their swimming in a fun, safe and enthusiastic environment. The programme focuses on technique, sprint and endurance work, with particular attention to racing skills such as starts and turns.

Who can enrol?

Children age 6 years and older who want to have fun, improve their swimming and are interested in competitive swimming. Swimmers must be comfortable in the water and have the ability to swim 50m in freestyle, backstroke and breaststroke.

Swimmer assessments

At the end of each week of the programme, the coaches will evaluate each child and make suggestions about which squad they could progress into should they wish to continue.

What you need to bring along

Swim suit, goggles, swim cap, fins, kickboard and a water bottle.

Who are the coaches?

West Coast Swim Club’s experienced team of coaches led by Senior Coach, Chris Jongsma and Development Coach, Deb Jones will run all sessions.

Presentations & Club Information

From 3:00pm to 3:30pm in each Friday session, there will be an informative presentation for parents and swimmers “Introduction to competitive swimming” covering how to support your child in achieving their swimming goals and what to expect from competitive swimming.

Price

Week 1 (4 sessions) \$60
Week 2 (4 sessions) \$60
Individual session \$20

Session times

Week 1: 2.00pm to 3.30pm
Monday 3rd Oct, Tuesday 4th Oct,
Thursday 6th Oct, Friday 7th Oct

Further questions?

Contact Deb Jones, Development Coach,
9287 1805 / 0417 950 808
deb.jones@westcoastswimclub.com

Week 2: 2.00pm to 3.30pm

Monday 10th Oct, Tuesday 11th Oct,
Thursday 13th Oct, Friday 14th Oct

Bookings essential – sign up by 28 September 2011

Fill out the booking form or download it from our website (refer to News and Events/Latest News) and drop it into the Club letter box at Challenge Stadium, post or email it to us along with your payment.