



WEST COAST SWIMMING CLUB

The home-based club of Challenge Stadium

- Do you want to make the most of your swimming, either for fun, fitness or speed?
- Looking for the next challenge?
- Want to try club swimming or competitions, but need to learn more about it?
- Thinking about next year's school swimming carnival?

West Coast Swimming Club is pleased to announce two fantastic opportunities that will help take your swimming to the next level.

'DIVE AND TRY' SWIM MEET

West Coast Swimming Club will be hosting a Swimming WA 'Dive and Try' Swim meet on Saturday 22nd October 2011.

This will be a FUN swim meet of 50 m events in all four strokes for novices aged between 6 and 14 years (including multi disability swimmers).

What a great opportunity to have a go at racing with the best swimming club in Perth.

Entry details will be available soon from the Club's website www.westcoastswimclub.com.au or by emailing westcoastwim@hotmail.com

Contact: Meet Directors Pippa and Warren Player, 0416 840 037

INTRODUCTION TO COMPETITIVE SWIMMING OCTOBER SCHOOL HOLIDAYS

West Coast Swimming Club will be running special 'Introduction to Competitive Swimming' sessions for young swimmers during the October school holidays. West Coast's fully accredited coaches will run these sessions in a fun, encouraging environment at Challenge Stadium.

- ✓ Build confidence
- ✓ Learn racing starts, turns and finishes
- ✓ Practise for the West Coast Dive and Try meet
- ✓ Enhance your skills for schools and colleges events
- ✓ Meet other swimmers in a fun environment
- ✓ Find out about West Coast's squad training.

**Don't miss out,
Book by 28 September!**

More information and booking details are available in the *News and Events/Latest News* section of the club's website www.westcoastswimclub.com.au.

Contact: (Bookings/Coaching) Deb Jones, Development Coach 9287 1805 / 0417 950 808
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