

SISA Regional Development Day

Session hosted by GT Aquatics Swim Club

Date:	Friday 12/1/18	
Venue:	GT Aquatics, 345 Wagga Rd Lavington NSW 2641	
Guest Coach:	Les Barclay, Silver Licence Coach	
Cost:	\$10/swimmer (this includes pool entry) paid on the day	
	Coaches are free	
Criteria	Can swim 50M free in under 55 seconds	
	Can swim 50M back, 50M breast and 25M fly legally	
	Registered member of a Swim Club affiliated with Swimming Australia	
11/Under Session	1:15pm – 3:15pm	Swimming
All Swimmers	3:30pm – 4:30pm	Information Lecture
12/Over Session	4:45pm – 6:45pm	Swimming

This session will concentrate on Freestyle & Backstroke

Session hosted by Albury Swim Club

Date:	Saturday 13/1/18	
Venue:	GT Aquatics, 345 Wagga Rd Lavington NSW 2641	
Guest Coach:	Les Barclay, Silver Licence Coach	
Cost:	\$10/swimmer (this includes pool entry) paid on the day	
	Coaches are free	
Criteria	Can swim 50M free in under 55 seconds	
	Can swim 50M back, 50M breast and 25M fly legally	
	Registered member of a Swim Club affiliated with Swimming Australia	
12/Over Session	7:00am – 9:00am	
11/Under Session	9:15am – 11:15am	

This session will concentrate on Breaststroke & Butterfly

Session hosted by Corowa Swim Club

Date: Saturday 13/1/18

Venue: Corowa Swimming Pool, Corowa

Guest Coach: Les Barclay, Silver Licence Coach

Cost: \$5/swimmer paid on the day, swimmers will need to also pay pool entry
Coaches are free

Criteria Can swim 50M free in under 55 seconds
Can swim 50M back, 50M breast and 25M fly legally
Registered member of a Swim Club affiliated with Swimming Australia

11/Under Session 1:30pm – 3:30pm

12/Over Session 3:45pm – 5:45pm

This session will concentrate on all 4 strokes

To book in, could all swimmers and coaches please email Tap-Ky Duong as per below:

Tap-Ky Duong

Email: gtaquatics1@yahoo.com.au