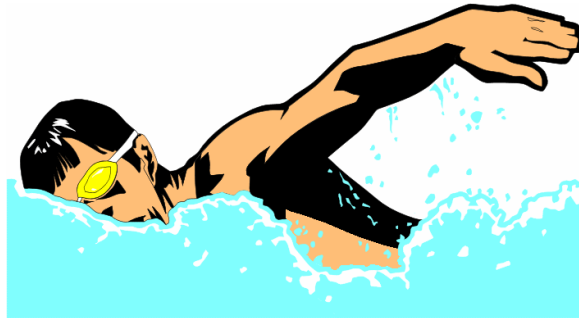


JANUARY SCHOOL HOLIDAY SWIM INTENSIVES

At Newington College Pool, Stanmore

JANUARY 21ST - 25TH 2013 (5 DAYS)



9am - 10 30 am

ADVANCED SQUAD TRAINING AND WATER POLO SKILLS

*1 hour of advanced squad training and 30 minutes ball/leg work for water polo players

Cost is \$100 for 5 sessions & skills / \$75.00 for regular Pride Swim squad trainers
BYO Drink bottle, short flippers and a water polo ball if your child has one

10 30am – 11. 15 am

SCHOOL CARNIVAL PREPARATION

A different stroke will be focused on each day. The coach will be teaching starts, turns and finishes for school swimming races. Practice races will be on the last day.

Suits children who have competed in school carnivals before and are regular squad trainers. Medium level range swimmer.

BYO Short flippers Cost \$85.00

11 .15 am – 12 noon

FIRST SCHOOL CARNIVAL PREPARATION

Suits children who are at Mini Squad level and who need some preparation for their first swimming carnival. There is also a strong stroke correction component every day.

BYO Long Flippers *suits Mini Squad level Cost \$85.00

Fees for holiday classes

Advanced Squad Training

Includes w polo skills

\$100 for 5 days

Advanced Squad Training

***Pride Swim regular squad trainers**

\$75.00

Casual Squad sessions

\$25.00 on the day

SCHOOL Carnival Prep

\$ 85.00 for 5 days

FIRST School Carnival Prep

\$85.00 for 5 days

***Payment must be made on Day 1 of the 5 day intensive.**

***Payment method is cash or cheque only**

BOOK NOW

Email prideswim@optusnet.com.au

Or call Melissa Pride 0412 577 501