

SAILFISH SWIM SCHOOL SWIMMING CARNIVAL PRACTICE SESSIONS

Looking for some practice before school swimming carnivals start?

Come along to our Swimming Carnival Practice Sessions during the January School Holidays

Woolgoolga Pool - 9:30am: Tuesday 9 January
Monday 15 January

Sawtell Pool - 9:00am: Wednesday 10 January
Thursday 18 January

Coffs Pool - 11:30am: Thursday 11 January
Wednesday 17 January



45 minute sessions

Open to school aged children who are eligible to enter their school swimming carnival

Skills to be practiced include:

- Diving
- Diving from the blocks
- Finishes
- Streamlining starts
- Pacing
- Turns
- Swimming 50m
- Relay changeovers

Cost: \$12 per session

Payment required at time of booking

Card or cash payments accepted

Book 1 or multiple sessions

Bookings taken at Coffs/Woolgoolga/
Sawtell Pools
or by phone 6652 1779

Terms and conditions

Class time may change from booked time dependent on program numbers

Payment is non-refundable

Make up classes are not available for missed classes

