

Lounge to Laps

Freestyle stroke and endurance development

Want to improve your freestyle technique, endurance and confidence in the water? Join Darwin Stingers for this short course that will help you achieve all of the above!

Each session will start with a gentle warm-up, then a build-up of skills and drills to efficiently and comfortably swim a lap or more of the pool in freestyle, focussing on:

- Head and body positioning
- Feeling the water to propel you forward efficiently
- Correct kick mechanics
- Breathing techniques
- Drills to improve stroke efficiency

Sessions are adjusted to cater for swimmers who are just learning to swim their first laps up to more confident swimmers who are wanting to challenge themselves towards a 2km session by the end of the course.

BYO bathers, towel, goggles, fins, kick board, and water bottle. Must be 18yo+

Wednesdays x 4 19 August - 09 September

6:30pm - 7:30pm

Casuarina Aquatic & Leisure Centre

17 Gsell Street, Casuarina

★ Bookings essential!

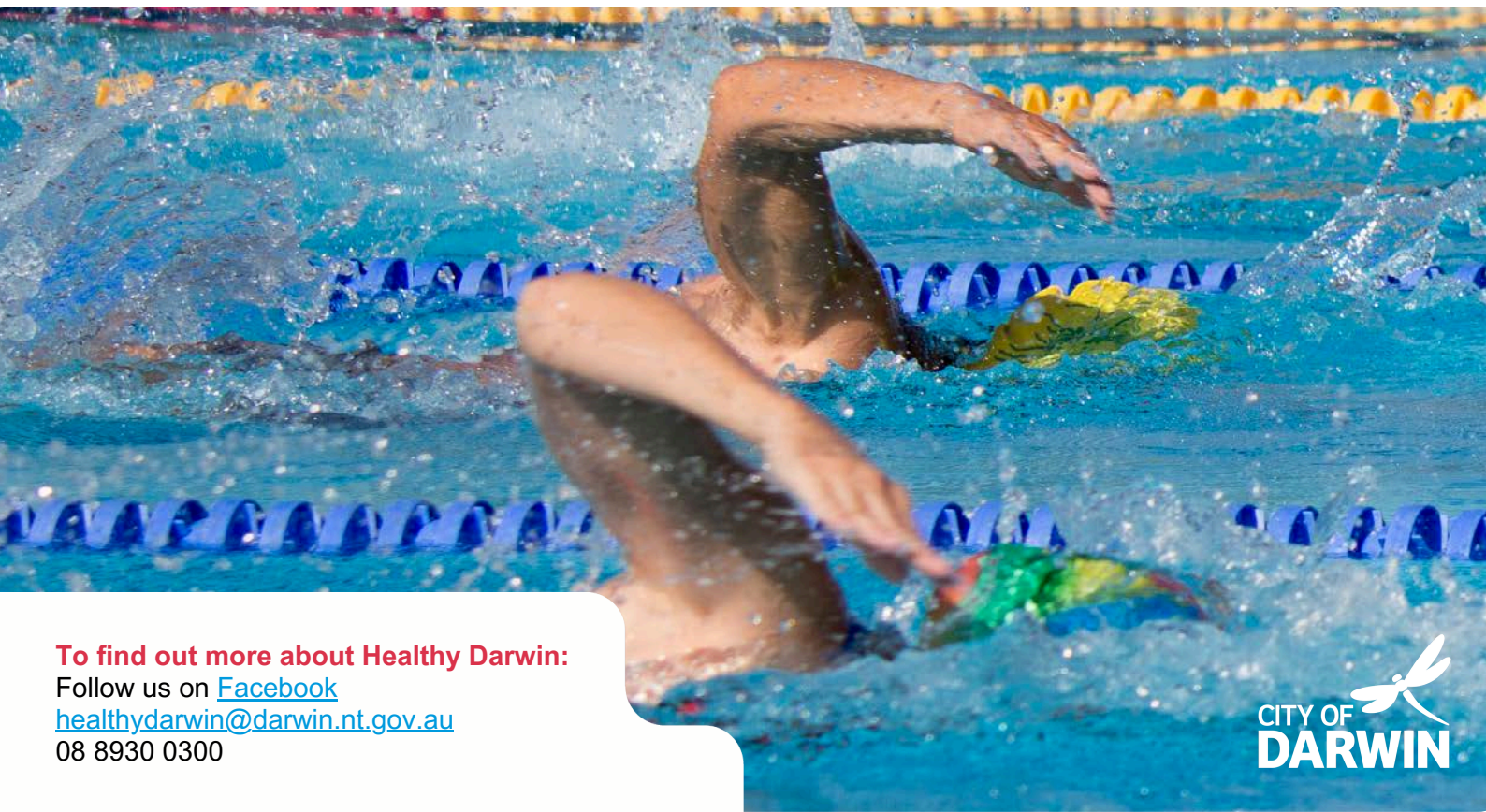
Instructor: Jac, Darwin Stingers Masters Swimming Club

P - 0417 884 280

E - jstirrat@bigpond.net.au

To find out more about this activity,
contact the instructor directly.

Only \$40 for the course!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

08 8930 0300