



Ready,
Set,
Dive!



Lounge to Laps

Stroke and Endurance Development

Wednesdays 6:30-7:30pm, 06 ~ 27 September, 2023

This 4-week program aims to help you become a more confident swimmer, and improve your freestyle technique and endurance.

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 want to challenge themselves towards a 2km session by the end of the 4 weeks.

Participants will need their own goggles, a kickboard and fins, and **MUST** be able to attend all four sessions.

Location: Parap Pool, 77 Ross Smith Avenue, Parap

Cost: \$40 (to be paid in advance)

Bookings essential!

Contact: Jac - Darwin Stingers Masters Swimming Club

jstirrat@bigpond.net.au or 0417 884 280

Must be 18 years or older

Build your
skills &
confidence

