

# BRISBANE GRAMMAR SWIMMING CLUB

## HOLIDAY INTENSIVE CLINIC



# 11-13 JULY

## 8.00AM - 10.00AM

### SWIM FOCUS

### DRYLAND FOCUS

Backstroke  
Freestyle  
Race Skills  
Breaststroke  
Butterfly

Education on Stretching  
(Tom Barton)  
Functionality Games  
Core Stability

HOLIDAY CLINIC – 1 DAY  
[HTTP://BIT.LY/2KMA7LT](http://bit.ly/2KMA7LT)

\$30



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FIRST 30 TO REGISTER WILL  
GET A FREE BGS CAP.

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[WWW.BGSSWIMMING.COM.AU](http://www.bgsswimming.com.au)  
TO MAKE PAYMENT.

HOLIDAY CLINIC – 3 DAY  
[HTTP://BIT.LY/2LABCJM](http://bit.ly/2LABCJM)

\$75



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