



'Growing Champions'

ULSPC Stroke & Turn Clinics

- Improve your Stroke Technique and Race Turn Skills
- Learn and develop World Class Drills and Skills
- 2 x 2 Hour sessions focused on each stroke
- Work with Lars – ULSPC Head Coach

Freestyle	Monday	31st October	08.00 – 10.00	&	14.00 – 16.00
Backstroke	Tuesday	1st November	08.00 – 10.00	&	13.00 – 15.00
Breaststroke	Thursday	3rd November	08.00 – 10.00	&	14.00 – 16.00
Butterfly	Friday	4th November	08.00 – 10.00	&	13.00 – 15.00

Where: ULSPC, UL Sport Arena 50m Pool, University of Limerick

Who: IAG Division 2 and above swimmers

Cost: €40.00 for each 4 Hour Clinic

Limited: To 15 swimmers per Stroke & Turn Clinic

To register for the clinics, please complete the registration form and payment at

<https://form.jotformeu.com/62902569630358>