

STARTS AND TURNS

SWIM CLINICS

Sunday 24th November 3.30pm & 4.30pm
Front crawl and backstroke turns

Sunday 15th December 3.30pm & 4.30pm
IM transitions

Sunday 5th January 3.30pm & 4.30pm
Breaststroke and fly turns

Sunday 12th January 3.30pm & 4.30pm
Backstroke starts

**The Winstanley School Pool, Kingsway North,
Braunstone Town, Leicester LE3 3BD**

**All clinics take place at
The Winstanley School in Braunstone.
There are 2 x 45 minute clinics on
each date and the cost is
£12 per swimmer.**

PLEASE NOTE -

**We will be operating on a first come
first served basis, with only
20 places on each clinic.**

**Contact COLSC Head Coach Jamie Evans at
headcoachcol@gmail.com
for more details or to
register your interest.**

 SwimMark

 Swim
England

 wave
tower

 ASA
ASSOCIATION
OF SWIMMING
INDEPENDENT
TEACHERS

'Successfully nurturing Leicestershire's swimming talent since 1978'

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