



## A **FREE\*** four week program with qualified coaching to improve your swim technique

Doncaster Dolphins Masters Swimming Club is holding a special 4 week “Swim for Life” program for adults over 18. In a friendly atmosphere, experienced coaches will provide practical tips and a personalised video to improve your stroke technique.

Please note this is **NOT** a “Learn to Swim” program. The program is designed for lap swimmers. Participants **MUST** be able to swim a minimum of **50 metres freestyle continuously** and be comfortable in deep water.

Supported by Doncaster Aquarena

**Where:** Doncaster Aquarena (Outdoor 50m pool)

**When:** Sundays 9-10am – Nov 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & Dec 3<sup>rd</sup> 2017

\* **Pool entrance fee** and other conditions apply.

For further details and Application form contact :

*Program Coordinator:* **Wendy Simmons**

*email:* [wsimmons2467@gmail.com](mailto:wsimmons2467@gmail.com)

*phone:* 0419 843 317 or visit

[www.doncasterdolphins.com.au](http://www.doncasterdolphins.com.au)

and download an application form.



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