



# Commercial Swimming Club

## Term 1

### Stroke Development Sessions

6.15 am – 7.15 am

Every Tuesday and Thursday

2nd February – 1st April

- Week 1 and 2 **Freestyle**
- Week 3 and 4 **Breaststroke**
- Week 5 and 6 **Backstroke**
- Week 7 and 8 **Butterfly**
- Week 9 **Starts, Turns and Finishes**

