

**"Swimfast Workshop"**  
**Stroke Correction Program**



**Dates:**

Tuesday 8<sup>th</sup> of July 7-830pm  
Tuesday 15<sup>th</sup> of July 7-830pm  
Tuesday 22<sup>nd</sup> of July 7-830pm  
Tuesday 29<sup>th</sup> of July 7-830pm

**Location:**

VUT (Footscray Park Campus) Sports complex  
Melways: Map 42 C2

**General Syllabus:**

Your freestyle stroke will be broken down into four key areas including:

1. Recovery
2. Catch
3. 1st phase of the pull
4. 2nd phase of the pull

When these individual skills are understood they will be brought together and correct sequencing of the "freestyle action" will be taught.

It is anticipated that you may need to repeat the intensive program twice over a 12 month period to fully understand and develop appropriated skills/technique.

**Ratio:**

1:6

**Cost:**

\$120 per person (inclusive of pool entry)

**Guarantee:**

We guarantee you will become a better swimmer over the four week period and if you are not happy Elite Triathlon Performance Australia will continue with individual sessions **free of charge**.

Bookings are essential as numbers are limited. For more information please email Mat Tippet at [mat@etpa.com.au](mailto:mat@etpa.com.au) or phone on 0414 303 464