



Swim Clinic

May 28th-31st May 1pm-4pm



Train With Ross



Bedford School

4 half day courses. 1 day per stroke including starts, turns, race situations, etc. Each day will include land exercises and video feedback.

Why this course

We **focus on technique** and drills to improve technique to make swimming easier and use less effort so when it comes to racing there is more energy to increase stroke rate to go faster. There is use of **video feedback** so that swimmers can see where their mistakes are being made so that improvements they need can be made. We make sure it is fun with lots of **exciting drills** all coming together at the end into a **race situation**.

What we ask from you

- Be able to **swim 50m** free/back/breast
- A wanting to **learn/improve attitude**

What does it cost

- £30** for first swimmer per day
- £25** for any sibling of first swimmer per day



To book

Please contact ross@trainwithross.co.uk or **07806751470** for any queries or booking form