



AN AWESOME OPPORTUNITY FOR ALL
SWIMMERS TO BE PART OF A
COACHING CLINIC WITH
COMMONWEALTH GAMES MEDALIST
HAYLEY PALMER
AT ROTORUA AQUATIC CENTRE

Registration is limited so REGISTER NOW—

\$20.00 per swimmer

radford@wave.co.nz or ph 027 6688966

7th Jan 2011, 13yrs and over
Time: 1.00 pm - 3.30 pm

8th Jan 2011, 12yrs and under
Time: 1.00 pm - 3.30 pm

CALLING ALL SWIMMERS

**COME AND HAVE FUN, SHARE THE PASSION, AND
SWIM WITH AN INTERNATIONAL STAR!**

Learn the value of goal setting

Question and answer sessions

Tips for stellar strokes

Tips for turns and finishes

Discover tips on perfecting your swim trainings

