

# SISA Regional Development Day

## July Session hosted by GT Aquatics Swim Club

Date:	Saturday 22/7/17
Venue:	GT Aquatics, 345 Wagga Rd Lavington NSW 2641
Guest Coach:	Les Barclay, Silver Licence Coach
Cost:	\$10/swimmer (this includes pool entry) paid on the day Coaches are free
Criteria	Can swim 50M free in under 55 seconds Can swim 50M back, 50M breast and 25M fly legally Registered member of a Swim Club affiliated with Swimming Australia
11/Under Session	1:00pm – 3:00pm
12/Over Session	3:30pm – 5:30pm

This session will concentrate on Freestyle & Backstroke

## September Session hosted by Albury Swim Club

Date:	Saturday 23/9/17
Venue:	GT Aquatics, 345 Wagga Rd Lavington NSW 2641
Guest Coach:	Les Barclay, Silver Licence Coach
Cost:	\$10/swimmer (this includes pool entry) paid on the day Coaches are free
Criteria	Can swim 50M free in under 55 seconds Can swim 50M back, 50M breast and 25M fly legally Registered member of a Swim Club affiliated with Swimming Australia
11/Under Session	1:00pm – 3:00pm
12/Over Session	3:30pm – 5:30pm

This session will concentrate on Breaststroke & Butterfly

To book in, could all swimmers and coaches please email Tap-Ky Duong as per below:

Tap-Ky Duong  
SISA Development Convenor  
Email: [gtaquatics1@yahoo.com.au](mailto:gtaquatics1@yahoo.com.au)