



HOLIDAY PROGRAM

1st - 11th October 2019

\$20 per lesson

Stroke Focus Week 1 (C4-E3 levels only)

Tuesday - Freestyle

Wednesday - Backstroke

Thursday - Breastroke

Friday - Butterfly (Breastroke C4-T1)

Stroke Focus Week 2 (C4-E3 levels only)

Monday - Freestlye

Tuesday - Backstroke

Wednesday - Breastroke

Thursday - Butterfly (Freestyle C4-T1)

Friday - Starts/Turns & Finishes

Email lakelands@westswim.com.au // Call 08 6143 4511

**C1, C2 & C3
levels also
available for
weeks 1 & 2**