

August 2017 Newsletter

Learn to swim... Love to swim!

From the entire Brooke Withers Swim School team, we hope you have all had a safe, and healthy winter. We truly appreciate your support throughout the winter period, and look forward to seeing you swimming further through 2017, for a busy yet safe summer.

BWSS Swimming Carnival

We are pleased to announce that we will be holding another BWSS Swimming Carnival on **Friday 22nd September** (last Friday of school term) starting at 5:45pm. This carnival will be open to **ALL** levels of Brooke Withers Swim School, and not just for squad swimmers. All levels from Tadpoles through to Squad swimmers are invited, and will swim between 15m and 50m. Further information will follow.

SCHOOL HOLIDAY INFORMATION

As **BWSS** doesn't run on school terms, classes will continue as normal throughout the holidays. However, we are looking forward to introducing and providing more programs during the hours of 12:00pm and 3:00pm during these school holidays. See below for programs

Monday 2nd October, is a public holiday, and as with any public holidays, should you swim on a Monday, you will not be charged for this lesson

School Holiday - Private Lessons

As we have done in previous school holidays, we will be offering private lessons Monday – Friday, between 12:00pm and 3:00pm, weeks 1 and 2. These classes will be taught by our senior staff; however, teachers may be available on request. Depending on availability of teachers and lane space, we may also be able to provide private lessons during the earlier hours of the morning. Please see us at reception for availability and prices.



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Unit 6, 2 Daydream Street, WARRIEWOOD 2102

For more information telephone **9999 3446** or email warriewood@BrookeWithersSwimSchool.com.au
www.BrookeWithersSwimSchool.com.au

School Holiday - Individual Stroke Clinics

We have fielded numerous requests for specific stroke classes, so we are very excited to offer these classes for the first time. These classes will be run by our squad coaches, and will include a complete class focus on the specific stroke of the day. There will be drills, focus on technique, starts turns and finishes. We have allocated 1 hr time space for these classes, however most classes will run for 45min. See below for days and times:

12:00 – 1:00pm

- Tuesday 26th Sept: Butterfly
- Wednesday 27th Sept: Backstroke
- Thursday 28th September: Breaststroke
- Friday 29th September: Freestyle

Carnival Readiness Programs

Due to pool availability, more and more schools are having their school swimming carnivals during term 4, rather than term 1. Following on from the success and enjoyment of the similar program ran during the January holidays, we will be running more “*carnival readiness*” programs during the second week of the school holidays.

These programs are specifically designed to help swimmers in preparation for their respective school swimming carnivals. Each session will run for 45 - 60 mins (level dependent), and will be aimed at race specifics i.e. Distance, starts, diving, turns, finishes and strokes.

It is not a stroke correction program, but a class aimed at making each swimmer a better **RACER**.

Carnival readiness programs will be run in the 2nd week of the holidays (Tuesday 3rd October – Friday 6th October) at the following times:

- Porpoise & Dolphin: 12:00pm – 12:45pm
- Kingfish & Marlin: 1:00pm – 1:45pm
- Squads: 2:00pm – 3:00pm

Please see us at reception for availability and prices.



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