



# Hackney Aquatics Academy and Learn to Swim CLINIC

**Monday 20th August  
09:00 -14:30**

**Focus:**

**Breaststroke and Butterfly are probably the most technical strokes to master**

**Aim:**

**To refine the basic techniques of these strokes and learn how to swim faster and more efficiently**

**Age Groups and Abilities:**

**Open to all Hackney Aquatics Academy and Better Learn to Swim swimmers,**

## Schedule

<b>Monday 20<sup>th</sup> August</b>
<b>0900</b> Arrival and briefing
<b>0915-0930</b> Change and pre-pool
<b>0930-1030</b> Butterfly technique pool session
<b>1030-1145</b> Post pool and change
<b>1200-1300</b> Land work
<b>1300-1345</b> Lunch
<b>1345-1400</b> Change and pre-pool
<b>1400-1500</b> Breaststroke technique pool session
<b>1500-1530</b> Change and debrief

**24 Spaces Available: Will be separated into 3 groups of 8 based on ability**

**Coaching: The sessions will be led by Coaches Richard Beard and Harry Myers with assistance from our Junior Coaches**

**Land Work: Special focus on improving flexibility, balance and coordination, designed by our specialist physio.**

**Just £50 for the clinic (2 hrs pool time PLUS 1 hrs land training)**

**To book contact Richard at [coachbeard@hackneyaquaticsclub.org](mailto:coachbeard@hackneyaquaticsclub.org)**