



# STAY UPSKILLED FOR LIFE



## PROFESSIONAL DEVELOPMENT WORKSHOP

### > DRILL MASTER CLASS 1.00-1.45PM

Join our group of presenters, teachers swim centre operators and national swimmers for a fast paced Session of Drills. Working their way through the strokes, each presenter will share their most successful drills to assist with skill development, stroke correction, common and the “not so” common faults.

### > LTS MASTERCLASS 1.45-2.30PM

If you have a skills squad group and a swimmer has a shoulder injury or you want to add a selection of kick drills for skills development squad, here are some suggestions.

### > 35+ KICK DRILLS 2.30-3.15PM

Join our group of presenters, teachers and national swimmer for a session of activities and games to enhance the learning for learn to swim students, beginner, intermediate and advanced in the learn to swim progressions. Covering water familiarisation and stroke development activities and incorporating water safety skills into the lesson

### > CPR 3.15PM

#### WORKSHOP INFO

**DATE:** SATURDAY 24 MAY 2016 1.00PM - 4.00PM

**COST:** \$579 HKD

**VENUE:** CHINESE INTERNATIONAL SCHOOL - HONG KONG

For more information please contact:

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**3 HRS**

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