



Riverstone Dolphins 2022 Club Training Information

Stroke Correction

**** This is Not Learn to Swim, swimmers must already be swimming the stroke/s on a Thursday Club Race Night to participate for Stroke Correction****

Sessions

30 minute duration One stroke per session.

Participants must register and pay in advance for each 5 week block/s.

Limited numbers available.

Costing

\$25 per session/per block

Time Slots

Session 1 - 4:15pm - 4:45pm

Session 2 - 5:00pm - 5:30pm

Block 1

Tuesday 11th Oct - 8th Nov

Session 1 - Freestyle

Session 2 - Butterfly

Wednesday 12th Oct - 9th Nov

Session 1 - Backstroke

Session 2 - Breaststroke

Block 3

Tuesday 10th Jan - 7th Feb

Session 1 - Butterfly

Session 2 - Freestyle

Wednesday 11th Jan - 8th Feb

Session 1 - Breaststroke

Session 2 - Backstroke

Block 2

Tuesday 15th Nov - 13th Dec

Session 1 - Backstroke

Session 2 - Breaststroke

Wednesday 16th Nov - 14th Dec

Session 1 - Freestyle

Session 2 - Butterfly

Block 4

Tuesday 14th Feb - 14th Mar

Session 1 - Breaststroke

Session 2 - Backstroke

Wednesday 15th Feb - 15th Mar

Session 1 - Butterfly

Session 2 - Freestyle

Squads

Participants must register and pay in advance

Limited numbers available.

4:15pm - 5:45pm

Costing

Block 1 - \$100 (10 weeks) Friday 14th Oct - 16th Dec

Block 2 - \$90 (9 weeks) Friday 13th Jan - 10th Mar

At the discretion of the Club Committee, we may Cancel any Bookings if enrolments are not correct.

****Please note: Sessions will only go ahead if enrollment numbers permit.****

Pool entry is not included. Discount available for Riverstone Dolphins members.