

Stroke and Turn Clinic

Sponsored by 55+ BC Games Society

Saturday May 20, 2023

Stroke and Turn Session: 8:45 am – 10:45 am;

Lunch provided: 11:00-

Canada Games Pool, 132 - 910 McGill Rd, Kamloops, BC V2C 6N6

Cost: Free, thanks to a grant from the 55+ BC Games Society, awarded to Zone 8 Swimming

Open to: all 55+ Swimmers, all Masters Swimmers, and other Swimmers 55 years & older interested in competitive-style swimming

Coaches:

Barry Healey – Coach of Kamloops Classic Swimming (KCS) Masters Group, Certified Level 3 Coach.

Meredith Franks – Coach of Kamloops Y Masters Swimming Club, former Kamloops Classic Swimming competitive swimmer who competed at the provincial level.

Olivia McKay – Former Coach of Kamloops Y Masters Swimming Club, former Kamloops Classic Swimming competitive swimmer who competed at the provincial level.

Ethan Phillips – Provincial Coaches Representative in BC Summer Swimming Association, former coach of Saanich Peninsula Piranhas Swim Club, former University of Victoria Varsity competitive swimmer.

Features instruction on:

Strokes technique & drills

Turns technique

Starts technique

Also features:

Handouts

Lunch and social to follow swim session

If you plan to attend, then please inform coaches Barry or Meredith, or email Linda Hall, Zone 8 55+ BC Games Swimming Coordinator at lj_hall@telus.net, so we have an idea of the number of participants.