**Technique sessions**

**for Challenge and Development Age 1 squad**

**Saturday 12.30pm - 1.30pm at Town Close**

**Due to the increasing numbers of swimmers in the Challenge and Development Age 1 squad we have introduced a 1 hour specific technique session at the end of each week. There is no need to book and the sessions are included within your monthly fee.**

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| **Date** | **Skill** |
| 22nd April | Dives into 15m underwater |
| 29th April | Front crawl tumble |
| 6th May | Back crawl tumble |
| 13th May  | Breaststroke and Fly turns |
| 20th May | Front crawl tumble turns 2 |
| 27th May | Back crawl starts |
| 3rd June | **Half term – no sessions** |
| 10th June | Breaststroke underwater sequence |
| 17th June | Gala practice session |
| 24th June | Dive session |
| 1st July | Breaststroke session |
| 8th July | Fly session |
| 15th July | Dive/fun session |