



**City of Oxford
Swimming Club**

October 2018 Half term

**Dives and Underwater
Phases on All Strokes**

Coached by Liz Basterfield
Academy Development Coach
City of Oxford Swimming Club

Venue: Leys Pool

Suitable for AC1, AC2 and AC3

Mon 22nd, Tues 23rd and Weds 24th Oct

9.00am to 10.30am

Contact Mary Sunderland for details
(sunderlandm@hotmail.com)