

BTS Swim Course 2010

The BTS Swim Course is tailored towards adults of all ages who would like to improve their swimming technique. Course participants should be able to swim 100 m freestyle non-stop. The focus of the course is on technique improvements and a video analysis is included to assist in identifying areas for improvements and to help gain a better understanding of your stroke.

The course commences on the 12th April and runs for 6 weeks. At the end of the 6 weeks, participants will have the option to participate in the Noosa Blue Water Swim on the 22nd May. This is a 1km or 2km open water swim at Noosa Main Beach.

There will be 3 sessions held each week at the Valley Pool on Wickham Street in Fortitude Valley and Suttons Beach at Redcliffe. An indicative weekly timetable is displayed in the table below; please note that these sessions are subject to change and will be confirmed in the week prior to the course.

Day	Location	Time
Monday	Valley Pool	6 – 7 pm
Friday	Valley Pool	5:30 – 6:30 am
Saturday (weeks 1 and 2)	Valley Pool	5:30 – 6:30 am
Saturday (weeks 3 – 5)	Suttons Beach	6 – 7 am

The cost of the course is \$250 and covers 6 weeks training and a video swim analysis. Pool entry and entry to the Noosa Blue Water Swim is not included. A minimum of 5 participants are required for the course to take place, should this number not be reached a full refund will be given to those people who have signed up. To ensure a quality service no more than 15 participants will be accepted for the course.

Email any queries to info@brisbanetrisquad.com.au

