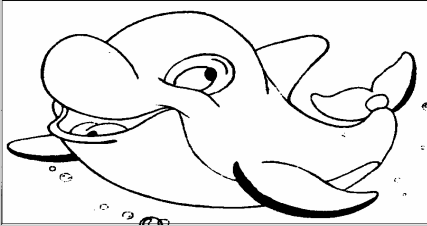


**A few of the (laminated) tags available to Junior Swimmers at Pallikoodam in August 2006;
A Senior Swimmers Series is also available**

Pallikoodam Swimming Program



SWIMMING SKILLS

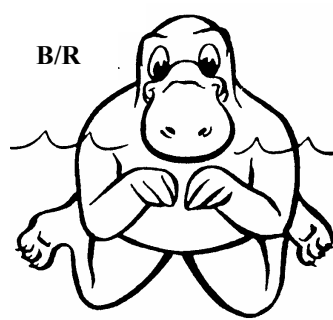
**Today I started to learn
new skills**

**The correct way to grip the kickboard; using Swim Fins (Flippers);
Backstroke & Freestyle Kick (board and fins) .. correct Freestyle breathing.**
("bubbles")

Coaches: Russell Parsons / Fiona Skinner

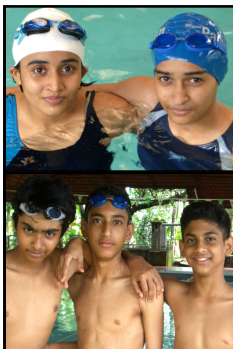


**Learning
New
Skills
is
Fun**



Breaststroke

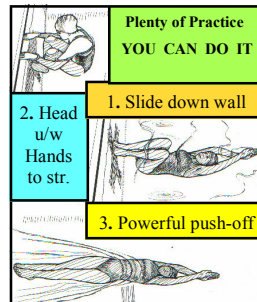
**Duck
Walk**



Pallikoodam Swimming Gala

*It's not about winning
rather
Having the courage to
join the race*

www.nwaswimaths.com



**Plenty of Practice
YOU CAN DO IT**

1. Slide down wall

**2. Head
u/w
Hands
to str.**

3. Powerful push-off

NWA Swimming
www.nwaswimaths.com

**Streamline
Backstroke
Push-off**

3-5 FLY kicks u/w



*No worries!!
I did it!!*



NWA Swimming

**I've
Improved**

Well Done !!

www.nwaswimaths.com

There are over 30 different laminated tags
and 3 certificates available to junior (St. 1-4)
swimmers.

Intermediate and Senior swimmers
(St. 5-12)
will be able to earn from a 35 tag and
4 certificate series

All swimmers will also be presented with
an individual tag.
(prepared at poolside)

Russell Parsons / Fiona Skinner