

DLSA EASTER HOLIDAY

DLSA
CENTENARY
HEIGHTS

SWIM CAMP

9AM - 3PM
4TH - 6TH
APRIL

WITH DLSA HEAD COACH TAY

Open to Dev Squad / Fitness Squad / Junior Squad Swimmers

SESSION 1

- STRETCHING
- MOBILITY
- AGILITY
- YOGA

SESSION 2

- DRYLAND
WORKOUT
- SWIM SESSION
- VIDEO ANALYSIS

SESSION 3

- NUTRITION
- EATING FOR
RACE DAY
PERFORMANCE

DAY 1

- SWIM SESSION

- ATHLETE MINDSET
- GOAL SETTING
- AFFIRMATIONS
- JOURNALING

- DRYLAND
WORKOUT
- RACING SKILLS
- VIDEO ANALYSIS

DAY 2

- SWIM SESSION

- MEDITATION
- MINDFULNESS
- BREATH WORK
- SLEEP
EDUCATION

- TEAM
CHALLENGE

DAY 3



**\$150 FOR 3 DAYS
OR
\$65 / DAY**

*INCLUDES COACHING, LECTURES,
VIDEO ANALYSIS, FOOD & SNACKS*

**BOOKINGS
CLOSE
APRIL 2**

*SCAN QR CODE TO
ENQUIRE/REGISTER.*



- ALL PARTICIPANTS MUST REGISTER VIA THE QR CODE/ADMIN CONTACT
- SESSION FORMAT SUBJECT TO CHANGE
- BOOKINGS AVAILABLE THROUGH THE DLSA APP