



## **SAMPLE**

*Subject to pool availability*

# **Effortless Endurance Workshop**

The Morris Centre, Queen Elizabeth Hospital

8.30am	Coffee and Registration
8.45am – 10.00am	Classroom Workshop
10.00am - 11:30am	<u>Pool</u> : Filming and Balance Drills
11.30am – 2.00pm	Classroom Workshop including video analysis and Lunch Break
2.00pm – 4.30pm	<u>Pool</u> : Arm Recovery sequence, entry and timing, breathing and filming
4.30pm – 5.30pm	Classroom Workshop and Q&A