

SHARON VAN ROUWENDAAL





SWIMMING WORKSHOP



UNIQUE OPPORTUNITY TO LEARN FROM DOUBLE
OLYMPIC GOLD MEDALLIST AND FOUR-TIME WORLD
CHAMPION SHARON VAN ROUWENDAAL.

DESIGNED FOR CLUB SWIMMERS (AGE 13 AND ABOVE),
MASTER SWIMMERS, TRIATHLETES, AND OPEN WATER
SWIMMERS.

INCLUDED:

-  Pool session – Technique & Endurance
-  Dryland – Mobility & Shoulder activation
-  Q&A – Mindset / Experience
-  Theory session: setting the foundation for faster, smarter swimming.

Wednesday 1st April: 1 :30 pm to 4:45 pm (Club Swimmers)

Location: Harrow School Fitness Club
Garlands Lane
Harrow HA1 3EA

[BOOK NOW](#)

