Come and join us for some holiday fun & fitness.

**Our Clinic will be held on Tuesday 20th - Friday 23rd of September from 8am to 11.30am, at the Sleeman Sports Complex.**

All levels welcome, from Beginners, R.A.P.S Learn to dive, Development Squad and Elite Squad.

No experience necessary, booking is essential.

**Cost: $ 25.00 per day or $90.00 for the week.**

Activities include
- Dry land – fitness, board & trampoline work
- Water training & Deep Water Aerobics (limited to older divers)

**WHAT TO BRING:**
- Togs
- Joggers
- Towel
- Water bottle
- Morning tea

Coaches: Alan Smith  Level 2  
          Di Smith  Level 1  
          Kaitlin Cobicroft  Level 1  
          Caitlin Lyons  Level 1

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**R.A.P.S DIVING CLUB CLINIC REGISTRATION FORM**

NAME  
ADDRESS  
PH:  
E MAIL  

BOOKING IS ESSENTIAL

Please return your registration form and entry fee to:  
R.A.P.S Diving Club  
23 Patersonia Place,  
Birkdale. 4159  

For more information contact Di Smith on  
(07) 3822 2310 or Mobile: 0411 121 198