

nrgswim

Ballina

nrgswim Ballina (pronounced energy swim) is a family orientated club that focuses on the competitive side of swimming, swimmers are taken through all aspects of training to be competitive.

The club is coached by Troy White who is a **bronze licence coach** through ASCTA (Australian Swimming Coaches and Teachers Association) and is an Austswim qualified teacher. Troy has many years of experience, in 1993 at the age of 18 Troy first became an accredited level one swimming coach and Austswim qualified teacher. Troy was also a competitive swimmer from the age of 10yrs till 21yrs. Troy competed at local, country, state and national championships. Troy assists swimmers through stroke development skills, stroke technique, racing skills and fitness.

nrgswim Ballina training times

Summer at the Ballina Memorial Swimming Pool (River St. Ballina)

October to April:

Monday	6am-7.30am & 3.45pm-6pm
Tuesday	3.45pm-6pm
Wednesday	6am-7.30am & 3.45pm-6pm
Thursday	3.45pm-6pm
Friday	6am-7.30am
Saturday	8am-10am

*For clarification of training times for summer or winter contact Troy White

Contact Head coach Troy White

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Ballina Memorial Swimming Pool