



The Art of Breaststroke

Rugeley Leisure Centre

Burnthill Lane, WS15 2HZ

Saturday 12th December 2009

Nick Gillingham MBE

Double Olympic Medallist

Aimed at the competitive club swimmer aged 10 – 16 years whose main stroke is breaststroke or for competitive swimmers who simply want to improve their breaststroke for individual medley or general competition.

2 Hour Pool Session including Starts & Turns

Keynote: Planning for Success

Question & Answer Session

Photo Session / Championship Medals

Autograph Opportunity

**Two Groups: 10.30am – 3.15pm
 1.00pm – 5.45pm**

Cost £50.00. To book please contact Claire to reserve your place on the numbers detailed below. Limited places available.

Sports Communication Group Ltd

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