



## *The Art of Breaststroke*

*Rugeley Leisure Centre*

*Burnthill Lane, WS15 2HZ*

*Saturday 12<sup>th</sup> December 2009*

*Group 1: 10.30am – 3.15pm*

**With**

**Nick Gillingham MBE  
Double Olympic Medallist**

### **Group 1 Itinerary**

Arrival & Registration	10.30am – 10.45am
Introductions	10.45am – 11.00am
Pool Session	<b>11.00am – 1.00pm</b>
Lunch Break	1.00pm – 1.30pm
Key Note Presentation	1.30pm – 2.20pm
Question & Answer Session	2.20pm – 2.50pm
Photo-call/Autographs /Medals	2.50pm – 3.15pm
Round-up and thank you	3.15pm

Swimmers will need to bring a packed lunch with them. They can bring their own equipment if they wish, please make sure it is clearly labelled. The pool will provide floats & pull buoys. Please think about questions in advance, you may wish to email them to me or write them down and give them to me when you arrive.

Map for Rugeley Leisure Centre : <http://www.multimap.com/s/cVRwCZyT>

**Sports Communication Group Ltd**

Email: [swim@nickgillingham.com](mailto:swim@nickgillingham.com)

Website: [www.nickgillingham.com](http://www.nickgillingham.com)

Telephone: 01665 710155

Mobile: 07929 882472