



The Art of Breaststroke

Rugeley Leisure Centre

Burnthill Lane, WS15 2HZ

Saturday 12th December 2009

Group 2: 1.00pm – 5.45pm

With

**Nick Gillingham MBE
Double Olympic Medallist**

Group 2 Itinerary

Arrival & Registration	1.00pm – 1.15pm
Introductions	1.15pm – 1.30pm
Key Note Presentation	1.30pm – 2.20pm
Question & Answer Session	2.20pm – 2.50pm
Photo-call/Autographs /Medals	2.50pm – 3.15pm
Pool Session	3.30pm – 5.30pm
Round-up and thank you	5.30pm – 5.45pm

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.

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

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