

The Art of Breaststroke

delivered by

NICK GILLINGHAM MBE

Double Olympic Medallist

Wednesday 29th May 2013 – Freemans Quay, Durham

Aimed at competitive club swimmers aged 9 - 16 years whose main stroke is Breaststroke or for the competitive swimmer who simply wants to improve their Individual Medley through this specialised form stroke.

2 ¼ Hour Pool Session

Keynote Presentation

Question & Answer Session

Photo Session / Championship Medals

Autograph Opportunity

11.30am – 5.00pm

Swimmers £55.00, Coaches £30.00

Parents welcome (no cost)

Call or email Claire Gillingham to book your place.

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