



The Art of Breaststroke

Southampton University,

University Road, Highfield, Southampton, SO17 1BJ

Sunday 5th July 2009

The Art of Breaststroke

delivered by

Nick Gillingham MBE Double Olympic Medallist

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

Two hour pool session to include starts & turns

Keynote: Planning for Success

Question & Answer Session

Photo Opportunity

Autograph Session

**Two Groups : 9.30am – 2.30pm
 12.15pm – 5.15pm**

Cost £45.00. 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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