



The Art of Breaststroke

Delivered by

NICK GILLINGHAM MBE

ASA Aquatics Professional & Licensed Performance Coach
Double Olympic Medallist

Saturday 4th October 2014
Heathfield School, Ascot, Berkshire

Aimed at competitive club swimmers aged 10 - 16 years whose main stroke is Breaststroke and or for the competitive swimmer who simply wants to improve their Individual Medley through this specialised form stroke.

2 ¼ Hour Pool Session
Keynote Talk / Presentation
Question & Answer Session
Photo Session / Championship Medals
Autograph Opportunity

Time: 11.15am – 4.30pm
Swimmers £59.00, Coaches £32.00
Parents welcome (no cost)
Call or Email Claire Gillingham to book your place

Sports Communication Group Ltd

Telephone: 01665 710 155

Mobile: 07929 882 472

Email: swim@nickgillingham.com

Website: www.nickgillingham.com

