



The Art of Breaststroke

Delivered by

NICK GILLINGHAM MBE, FIOS

ASA Aquatics Professional / Performance Coach
ASA Tutor & Assessor (Coach Educator)

Double Olympic Medalist & Former World Record Holder



Thursday 2nd June 2016

Freeman's Quay Leisure Centre, Durham

Aimed at competitive club swimmers aged 9 - 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



Time: 11.00am – 4.30pm

Swimmers: £59.00

Coaches: £32.00

Parents welcome (no cost)

Bookings: Telephone / Email Claire Gillingham

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