

# Freestyle Swim Camp 5th July 2015



Only £35  
BOOK NOW!

[www.novacenturion.co.uk](http://www.novacenturion.co.uk)

The Nova Centurion Swim team is inviting all swimmers to partake in their Swim Camps. These camps are designed to develop each swimmer's individual swimming skills in a specific area.

**This camp is aimed at County qualifiers aged 9-14 years. Enrolment is limited to 42 places so book your place now - email [info@novacenturion.co.uk](mailto:info@novacenturion.co.uk) for a booking form or download from website**

## What the Camp Will Offer

One and a half hour pool session led by GB Coach Nathan Hilton followed by a one hour swim specific strength and conditioning session.

Looking at how to develop your technique to that of a top swimmer.

## Where is the Camp?

Nova's Camps are at the John Carroll Leisure Centre, Denman St, Nottingham NG7 3PS  
The Camp will run from 12:00-2:45pm

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