

Backstroke Swim Camp 26th April 2015

The Nova Centurion coaching 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 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 will be at the John Carroll Leisure Centre, Denman St, Nottingham NG7 3PS The Camp will run from 12:00-2:45pm

www.novacenturion.co.uk

**Only £35
BOOK NOW!**

NOVA
CENTURION

