

Easter Holidays ☺



SWIMMERS DAY CAMP WANT TO GET FASTER ?!

This is the camp for you!!



A Swimmers Day camp designed to ensure you finish the day a faster swimmer than when you started!! The camp will be packed full of information and tips to make you a stronger swimmer. Lots of fun, bring plenty of nutrition... You will be burning a lot of calories in this action packed swimmers camp! Open to club swimmers from all Teams. Visitors welcome!



- ENJOY A FULL DAY OF SWIM TRAINING WITH ACADEMY COACHES

- COMPETITION TIPS

- NUTRITION ADVICE; TRAINING & RACING

- VIDEO ANALYSIS

- CUTTING EDGE SKILLS N DRILLS; SNORKEL TRAINING

- PRE-POOL & DRY-LAND STARTS/TURNS TECHNIQUE

ADVANCED CAMP:
MONDAY 15TH APRIL
(Ages 11+ with County QT's)

TEAM CAMP:
THURSDAY 11TH APRIL
(Pre-swim to Performance Team)

8:30 – 3:30 PM

£45 PER SWIMMER
(20% Discount AST Swimmers)