

Monday 22 to Friday 26 August,
9 am – 1 pm

SWIM CAMP

- Land Conditioning
- Stroke technique
- “Mileage Cracking”
- Video Analysis of each swimmer’s stroke turns and starts

Members: £30 per day, or £125 for 5 days
Non members: £40 per day, or £150 for 5 days

Open to all swimmers.
Maximum of 30 places available

Cheques made payable to SPBSC and to be
handed over to Martin to guarantee your place

martin.jur@gmail.com

