



**Only £35
BOOK
NOW!**

NOVA
CENTURION

www.novacenturion.co.uk

**BUTTERFLY SWIM
CAMP
26th October 2014**

What the Camp Will Offer

One and a half hour pool session followed by a one hour swim specific strength and conditioning session led by GB Coach Nathan Hilton. Looking at how to develop your Butterfly technique to that of a top swimmer. Watch yourself back on our video feedback system to perfect your technique.

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 for a booking form or download from the website

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