



# **NOVA**

## **CENTURION**

## **FRONT CRAWL & BACKSTROKE TECHNIQUE SWIM CAMP**

### **9th September 2018**

Only  
**£32.50**  
**BOOK NOW!**

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 Club swimmers aged 9-14 years  
Enrolment is limited to 42 places so book your place now - email [swimcamps@novacenturion.co.uk](mailto:swimcamps@novacenturion.co.uk) for a booking form or download from the website.

#### **What the Camp Will Offer**

There will be a pool session looking at how to develop your Front Crawl and Backstroke to that of a top swimmer led by GB Coach Nathan Hilton .

Following this there will be a specific session on injury prevention.

#### **Where is the Camp?**

The Camps will be at the David Ross Sports Village, Nottingham University Park Campus, Nottingham NG7 2RD  
It will run from 11.30am-2.30pm

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