

# Backstroke Swim Camp 23rd Nov 2014

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](mailto:info@novacenturion.co.uk) for a booking form or download from website**

## 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.

## 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



Only £35  
BOOK NOW!

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

**NOVA**  
CENTURION

