**Junior Stroke Development Course**

**(Age Groupers)**

Are you looking for another few training sessions & more technique work?

* Starts
* Turns
* IM’s
* Transitions
* Drills and all stages of training development
* All four strokes broken down for technique

Children must be capable of swimming 100m of each stroke

Good News! ☺

The Course starts on Sunday 10th April for 4 consecutive weeks. Sunday 10th April – Sunday 1st May 2016.

Cost - £40

10:00am – 12:00pm at Roe Valley Leisure Centre, Limavady

Please call reception on the number below to book onto the course as places are limited.

**\*Booking is open now\***

Thanks for your continued support

Christine McIntosh & Nick Browne (Swimming Coaches)