

## Junior Stroke Development Course

### (Age Groupers)

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

- Starts
- Turns
- IM's
- Drills and all stages of training development
- All four strokes broken down for better technique  
= IMPROVEMENT Increased speed

Children must be capable of swimming 100m of each stroke

Good News! 😊

The Course starts on Sunday 10<sup>th</sup> January for 4 consecutive weeks. Sunday 10<sup>th</sup> January – Sunday 31<sup>st</sup> January 2016.

Cost - £40.00

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)

