

# The Art of Butterfly

delivered by

**NICK GILLINGHAM MBE**

Double Olympic Medallist

**Sunday 11<sup>th</sup> May 2014**

**New Hall School, Chelmsford, Essex**

Aimed at competitive club swimmers aged 10 - 16 years whose main stroke is Butterfly or for the competitive swimmer who simply wants to improve their Individual Medley through this specialised form stroke.

2 ¼ Hour Pool Session

Keynote Presentation

Question & Answer Session

Photo Session / Championship Medals

Autograph Opportunity

Group 1: 9.00am -2.45pm Group 2: 12.15pm -5.45pm

**Swimmers £55.00, Coaches £30.00**

**Parents welcome (no cost)**

Call or email Claire Gillingham to book your place.

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