



*Raising the level
of swimming*



Underwater Video Swim Clinic (17yrs +)

At Pocklington School Pool

Clinic Includes:

- **2 hour technique pool session**
- **Underwater Video**
- **Above water Video**
- **Edited Personal Disc of Footage**
- **Written Feedback on Technique**
- **Stroke Advice and Technique talk**

Price Includes:

- **Disc posted out after edit complete**
- **Stroke TEchnique Feedback**
- **2 hour pool session**
- **90mins classroom session**

Starts at 12.30pm on Sun. 4th Dec.

Finishes at 4.30pm

**(Run by a qualified/experienced coach with
International record)**

£55 per swimmer

**For further information
and booking details contact:**

Phone: 07983 356718 or email: coachroy@hotmail.co.uk