

# Monday 24- Friday 28 October

## 9 am – 12 pm

# SWIM CAMP

- Land Conditioning
- Stretching
- Practise of skills and technique
- Endurance training

Members: £20 per day, or £80 for 5 days  
Non members: £25 per day, or £100 for 5 days

Open to all swimmers.

Cheques made payable to SPBSC and to be handed over to Martin to guarantee your place

[martin.jur@gmail.com](mailto:martin.jur@gmail.com)

