



# Medley Swim Skills Camps

@  
Shipley Pool



**Ages  
9-13  
years**

The main theme of the camps will be the Individual Medley skill. During the camps the swimmers will be working on all round IM skills and aspects such as Medley turns and relevant skills.

•A maximum of 36 places per camp are available on a first come first served basis•

For further details and to book  
Telephone 01274 438791

City of Bradford MDC  
[www.bradford.gov.uk](http://www.bradford.gov.uk)

Sport and Culture

Medley Swim Skills camps are for swimmers aged 9-13 years. The minimum requirement is that swimmers are able to swim 400 metres in total and at least 50 metres of all four strokes.

Course overview:

Mondays - Butterfly skills & turns, Tuesdays - Backstroke skills & turns, Wednesdays - Breaststroke skills & turns, Thursday - Frontcrawl skills & turns, Fridays - IM skills & turns recap.

## Camp dates

- 10 April to 13 April 2017  
(4 day camp)
- 30th May to 2 June 2017  
(4 day camp)
- 29 August to 1 September 2017  
(4 day camp)
- 23 October to 27 October 2017  
(5 day camp)

Please enquire for further details

**Tel: 01274 438791**

Or email [carole.richmond@bradford.gov.uk](mailto:carole.richmond@bradford.gov.uk) or [andrew.pearce@bradford.gov.uk](mailto:andrew.pearce@bradford.gov.uk)



4 day camp £30

5 day Camp £35

(Option to pay for individual days if preferred: Monday, Tuesday, Thursday £12 per day, Wednesday £10 and Fridays £15.)

**Session times:**

Mondays, Tuesdays & Thursdays

8.30am - 10am

Wednesdays & Fridays\*

9am - 10am

\*There is also a one hour land training session on Fridays at 10.15-11.15am after the swim session (optional).

## Application

Please return completed applications with payment to: Bradford Aquatics, Bingley Pool, Myrtle Place, Bingley BD16 2LF. Cheques made payable to COBMDC.

Name ..... DOB .....

Address .....

Telephone .....

Any medical conditions .....

Local club (if applicable) .....

Signed Parent / Guardian .....

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 435388.