



Institute of Swimming

## Introduction To Breaststroke CPD

The **Introduction To Breaststroke CPD** is suitable for UKCC Level 1 & 2 Aquatic Teachers & Swimming Coaches

Covers breaststroke using the 'BLABT' principle. It looks at all aspects of breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.

### Venue

CPD seminar to be held at Dronfield Sports Centre

On Sunday, 25 July 2010

From: 10.00 am To: 1.00 pm

### Cost

IoS members £ 26.50 - non members £ 30.00

### For more information & registration details contact:

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Contact us for further information and details of all ASA qualifications, courses and CPD seminars delivered by the Institute of Swimming.

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