



Institute of Swimming

Introduction to Breaststroke CPD

The **Introduction to Breaststroke CPD** is suitable for UKCC Level 1 and 2 Aquatic Teachers and Swimming Coaches.

It covers Breaststroke using the 'BLABT' principle. It looks at all aspects of Breaststroke for the beginner swimmer and provides examples of good teaching points for each technical area.

Date: Tuesday 9th March 2010

Times: 18:30-21:30

Venue: Ponteland Leisure Centre, Callerton Lane, Ponteland. NE20 9EG

Cost: £28.50 IOS members, £31.50 non IOS members

An application form can be downloaded from www.swimming.org > courses > find a CPD seminar.

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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