

OCTOBER
SWIM CAMP 2010
SHEPPARDSWIMSCHOOL.CO.UK

☀ **OCTOBER CAMP: 25-29 Oct 2010:
-KILGRASTON SCHOOL, BRIDGE OF
EARN, NEAR PERTH.**

**Fun filled days of swimming and
swimming related dryland activities.**



**We have two swim sessions per day coached by
Olympic Coach Gary Vandermeulen. Between
swimming sessions we have group games,
outdoor sports, dryland circuit training, imagery
training, shoulder stabilization training, & pilates,
In the evening we have activities & a movie. We
offer full board and room or day camper.**

Beautiful location!

FULL BOARD OCT camp: £360 (MON→FRI)

DAY CAMPER £250 (MON—FRI)

Email: info@sheppardswimschool.co.uk