

The All Stars 2009

The All Stars is back for 2009! Following the success of the All Star events in 2008 Total Swimming are running a new programme across the UK and Ireland.

- Bath University Pool (50m) - 18/19 April
- Leeds John Charles (50m) - 25/26 April
- Durham Freeman's Quay Leisure Centre (25m) - 19/20 Sep
- Inverness (25m) - 26/27 September
- Coventry Sport and Leisure Centre (50m) - 17/18 October
- Manchester Aquatics Centre (50m) - 28/29 October
- Crystal Palace National Sports Centre (50m) - 28/29 Nov

This event will help you understand a new approach to training and racing in and out of the pool, adopt the right mental approach and learn how to manage your nerves from the best in the business. Take home new swimming skills that can help smash your personal bests and gain experience swimming with Olympic superstars.

An inclusive event for club swimmers 10 -15 yrs

The event is priced at £149

Book online now at...

www.totalswimming.co.uk

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