

# A-Z Swim Academy

Individually tailored masters sessions run by National coach Adam Parfitt and former World record holder  
Zoe Baker



## Start Date and Pool Venue

Sunday 22nd February  
2015

16:00-17:00

Bournemouth Collegiate  
School  
College Road  
Bournemouth  
BH5 2DY

## £40 Per Month includes

1 x 60 minute technique session per week with  
either Adam or Zoe

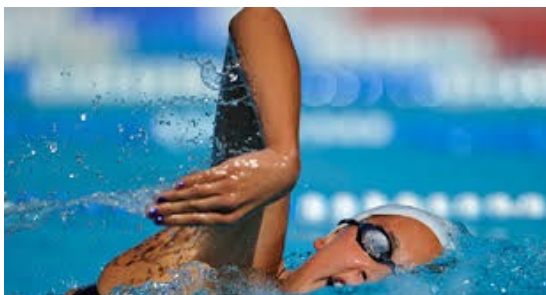
3 x Additional tailored written sessions

Small Group sizes (Max 12 Per Session)

Session content catering for both masters  
swimmers and triathletes

Book Now at [www.zoebaker.co.uk/contact](http://www.zoebaker.co.uk/contact)

or call 07825525938 / 07788255949



A unique package for masters swimmers and triathletes in Dorset,  
focussing on optimal stroke technique and training strategies.