



MOUNT  
KELLY

Boarding and Day School  
Boys and Girls, Aged 3-18

# Technical Master Classes

15 to 19 February 2021 | 09:00-16:30

£65 per day | £180 for 3 days | £270 for 5 days

Ages 9 to 15

For County, Regional or National Level Swimmers



Monday 15 February – Butterfly

Tuesday 16 February – Backstroke

Wednesday 17 February – Breaststroke

Thursday 18 February – Freestyle

Friday 19 February – Starts, Turns & Finishes

[Click this link to book](#)

swim@mountkelly.com 01822 813170 www.mountkelly.com



## COURSE DETAILS

Our Technical Master Classes will be run by Emma Collings-Barnes (UK Coaching Talent Development Coach of the Year) and our Swimming Performance Centre Coaches including Greg King-Limb (Skills Coach on the Swim England Junior squad). The team of coaches will focus each day on the swimmer's technical development from low level to racing speed. Swimmers will be advised of improvement strategies they can use at their home swimming programmes.

- Each stroke-day will consist of a swim session and a technical evaluation with one of our Mount Kelly Swimming coaching staff. In the afternoon there will be a second swim session to reinforce key learning areas
- All lanes and gym sessions will be socially distanced and well monitored by staff. The Coach to swimmer ratio will be 1 : 12
- Swimmers should be at county, regional or national standard with aspirations to move their swimming to the highest level
- £65 per day | £180 for 3 days | £270 for 5 days  
5% sibling discount. 10% discount for Mount Kelly pupils.

## EXAMPLE TIMETABLE

09:00 – 09:30	Registration
09:30 – 10:00	Introduction and Changing
10:00 – 12:00	Swim session 1
12:00 – 13:00	Hot lunch
13:00 – 14:00	Classroom / Gym
14:00 – 16:00	Swim session 2
16:00 – 16:30	Changing and Collection

[Click this link to book](#)

Mount Kelly | Parkwood Road | Tavistock | Devon | PL19 0HZ