



Institute of Swimming

## Improving Backstroke CPD

This seminar is designed to give Level 2 Teachers a more in-depth knowledge of the stroke and the latest techniques and ideas for teaching them.

**Venue** - CPD seminar to be held at Liverpool Aquatics Centre  
On Saturday, 19 November 2011 From: 1.00 pm To: 4.00 pm

**Cost** - £ 35.00

Contact us for further information and details of all ASA qualifications, courses and CPD seminars delivered by the Institute of Swimming.

[www.theiosonline.com](http://www.theiosonline.com)

[iosadmin@swimming.org](mailto:iosadmin@swimming.org) • 01509 640640