

Total Aquatics

dedicated to winning

with Laurie Dormer (ASA Coach: Fellow BSCTA)

Eyemouth (Scottish Borders)

Half Term
23rd-30th October 2010

We are proud to announce our Eyemouth family swimming holiday with sub aqua video analysis of stroke faults.

Set in the stunning area around the fishing village of Eyemouth on the Scottish Borders with the fresh coastal air, seals swimming in the bay and numerous eateries and golf courses. Body boarding in the Coldingham Bay with equipment hired from St Vedas surf shop is for all keen surfers out there too. There really is something for everyone.

We run a structured swimming training program for all from the beginner to elite athletes. We target the whole family via teaching groups for parents & children and training squads for competitive swimmers of all ages including Masters. There are team building and family orientated social events which are fun for all and a welcome reward after days activities.

Our coaches have a proven track record when it comes to swimming and with everything being organised by a family business operating for more than 40 years we know you will receive a professional service.

Swimming, Landwork and Lectures are tailored to suit your needs depending on your current home program. Our swimmers always take home good technique enhancing tips and a positive attitude towards their swimming to build on at their home clubs.

Why not visit our website www.totalaquatics.co.uk to look at the pictures and customer reviews from past camps. Good luck with your swimming and we hope to be of service to you in the future.

Total Aquatics Team



Laurie & Luke with National Champion Chris Campbell

Family Swimming Holiday - Eyemouth



Training sets are timed and recorded



Land conditioning sessions

Adult stroke skills

Karaoke time



Youth & Masters go boarding

Tel: 01425 475440
mail@totalaquatics.co.uk
www.totalaquatics.co.uk