

Midlands Region Synchro Summer Camp 2018

Key Information:

Dates: 30th July – 2nd August 2018

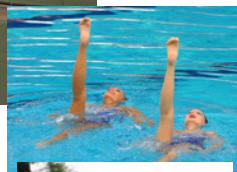
Venue: David Ross Sports Village,
University of Nottingham

Accommodation: UoN halls of
residence (single rooms with shared
facilities)

Costs: £300 (residential) / £180 (non-
residential including lunch & dinner)

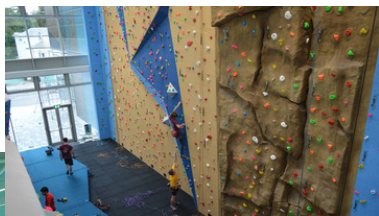
Eligibility: Current Grade 1 and
above.

Age: 8 to 18yrs



Camp Sessions Offered:

- Land work including flexibility, core + more!
- Figure technique focus!
- Routines / Choreography!
- Improve your spins!
- Fun activities like rock climbing, outdoor games, plus lots more!



Book your place now by completing the online form here.

For further information please email eastmidland@swimming.org