



**XIII FINA World Masters
Championships 2010**
Göteborg & Borås Sweden

Last World Masters Swim Camp Göteborg **Come when you want from 12th to 18th of July!**

Take the opportunity to train in the pools (Valhalla and Lundby badet) of the World Masters Championships 2010 with Glen Christiansen. This is a **unique opportunity to swim in the outdoor pool of Lundby badet** with its different challenges and get an advantage over your competitors, especially in **backstroke and IM!** The camp is a flexible Come and Go camp and you only pay for those days you attend!

Take the chance to get in shape or do the last hard training in the pools of the World Masters Championships! Underwater video analysis will be made of your technique. We coach in *English, Deutsch* and *Skandinaviska*. Accommodation can be organized on request

Come and join us in Göteborg!



When: 12th to 18th of July 2010. 2 x 2 hours per day.

Where: Valhalla badet 50m indoor pool & Lundby badet 50m outdoor pool.

Me: Coach Glen Christiansen, Olympic Coach and swimmer. 13x World Masters Champion

You: Anyone who wants to improve their swimming. Max 10 swimmers/day!

How: You can book as many or as few days as you want

What: Swim training; technique filming over/under water, sprint, endurance, starts, turns..

Cost: 1 day 40 Euro, 2 days 80 Euro, 3 days 120 Euro and so on....

Entry: gc1769@gmail.com

Program:

Monday-Sunday:

09.30-11.30 Valhalla badet 50m indoor pool.

17.30-19.30 Lundby badet 50m outdoor pool..