

Open Water Swim Coaching Information and Price List

1:2:1 Swimming coached session

Our 1:2:1 sessions are always tailored to the needs of the individual and goal in mind, providing you with the individual attention of an expert coach. These sessions will enable the coach to provide everything from individual acclimatisation, to constant stroke observation and correction. 1:2:1 lessons allow the fastest possible improvements to a swimmer as you are receiving the coach's full attention.

- 45 minutes - £25
- 1 hour - £30

2:2:1 Swimming coached session

Like 1:2:1 sessions, 2:2:1 coaching significantly develops your swimming, except you are able to do so with the support and company of a friend. Alongside expert coaching tailored to you and your training partner, the increased support and rapport will motivate you to stay on track, making training more enjoyable as you encourage each other.

2:2:1 lessons will still bring rapid improvements whilst being more economical

- 45 minutes - £35 (£17.50 per person)
- 1 hour - £40 (£20 per person)

Small group coached session

These sessions are aimed at 3 to 5 people per group (groups formed by the swimmers, not the coach). The coach will provide each swimmer with the same amount of focus, allowing for mixture of coached and practice time with ongoing feedback. The moral support from friends and training partners makes these sessions both productive and great fun.

- 3-5 people per group
- 1 hour
- £10 per person.
- Not for beginners to open water

Early bird drop-in session

Early-bird sessions provide exclusive use of the lake for swimmers. You get to do your own thing: turn up at any time between 7-9am and stay in as long as you want. Although these sessions are not formally coached, both Harriet and Sophie will be on the lake side, and happy to give you tips and pointers, and maybe a short session to help you with your swimming on the day.

- 7-9am Every Tuesday
- Adults only
- £7 per session – Cash or direct debit can be used (direct debit must be done before the session)
- Blocks of 10 can be Purchased (£60 per card, works out at £6 per session) - Card must be provided at the start of swim, where it can be signed off by one of the coaches.
- Blocks of 10 to be used within 15 weeks of purchase.

Unsure which session is for you? Call a coach and we can help you decide

Contact Details

Website – <https://swsportsperformance.co.uk/contact/>

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