



# Triathlon – Run – Nutrition – Strength



## Open Water Swim Coaching Information and Price List

### **Introduction to open water swimming (one-off session)**

Are you new to open water swimming? Not sure where to start? Or feeling a bit nervous about getting going? Then this 1:2:1 session is for you. During this session, we go over the relevant health and safety information, answer any questions you may have, and ensure you feel comfortable and confident with getting in and out of the water. This session always has a coach swimming beside you, so we can talk all things open water swimming as we go!

- 1:2:1 - £35 (session lasts 45-60minutes)
- On a case-by-case basis, will work with pairs or threes. Please get in touch to discuss this option.

### **1:2:1 Swimming coached session**

Our 1:2:1 sessions are tailored to the needs of the individual and any goal they have in mind, providing you with the full attention of an expert coach. These sessions will enable the coach to assist with everything from acclimatisation, to stroke improvement through 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 - £26
- 1 hour - £31

### **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 - £40 (£20 per person)
- 1 hour - £45 (£22.50 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

**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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