

Open Water Swim Coaching

Information and Price List



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.

These sessions are open to all abilities from open water beginners to advanced swimmers. All Open water beginner swimmers must be able to swim at least 200m in a swimming pool.

- **45-60 Minute Session- £35.00 per person**

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 sessions will still bring rapid improvements whilst being more economical

These Sessions are open to all abilities from open water beginners to advanced swimmers. All Open water beginner swimmers must be able to swim at least 200m in a swimming pool.

- **45 – 60 Minute Session- £50 (£25 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 - Not for beginners to open water
- 45-60 minutes
- **£50 per group – to be split between the group members**

Please drop Sophie a call for further information or to book an open water session at Alderford Lake!

Contact Details

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

Sophie's Contact – 07837962778 ; sophie.sportstherapy@gmail.com