



## Outdoor Swimming Training

The fitness training program consists of a warm-up, a technique block, a fitness set and a cool-down. During the technique block you will work together with the trainer on a specific part of the technique. This is, for example, the pull-through, the use of the high elbow, the coax, the push-out, the swimming rhythm or the rotation. Every week there is a new topic.

We don't just swim the front crawl. Per cycle there are also technique sets for the breaststroke, backstroke and variation strokes. Mastering different techniques makes you a more complete swimmer and it has a beneficial effect on the front crawl stroke.

The training lasts 60 minutes and offers space for around 20 people. During the Condition Training we may work with two different programs. Level 2 swimmers swim about 300 to 500m more per workout.

### Pricing:

**Single Training:** € 10

Discount available for monthly packages:

May:	5 sessions for €40
June:	4 sessions for €35
July:	5 sessions for €40
Full season:	20 sessions for €125

Bring an invite and you both swim 1 training for free!

### Swimming gear:

- Swim Buoy: € 20
- Swim Goggle: € 29
- Swim Hat: € 10

Please let me know in advance if you require swimming gear!

Important: sessions are non-refundable: signing up means to commit, no excuses!