



FOR CHILDREN

BEGINNERS

⌚ 40min

3-5 years • 6-8 years

Classes that enhance a child's development through playful exercises, using specific methods and techniques that promote fun and easy adaptation to the water and pool environment.

INTERMEDIATE

⌚ 40min

8-10 years • 11-14 years

Learn and improve all the skills and techniques required to perform the four swimming strokes. This enables junior swimmers to enjoy the full experience of swimming without limits.

FOR ADULTS

BEGINNERS & ADVANCED

⌚ 45/60min Group split into two levels.

Learn the basics of swimming and develop all the skills and techniques required to perform the four swimming strokes. This allows swimmers to confidently experience the full variety and physical benefits of swimming.

*Per session.



1:1 COACHING

PERSONAL SWIM COACHING ⌚ 60min

For Children & Adults

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to get fast results. Attention is paid to the needs and specific objectives of each swimmer.



1 PT Session

€56 members €80 non-members

Pack of 4 PT Sessions

€210 members €300 non-members

Pack of 8 PT Sessions

€392 members €560 non-members

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Quinta do Lago

TRIATHLON PACKS

TRISWIM

+15 years • 60min Group split into two levels.

For swimmers who are more ambitious and intend to go further. Focusing on specific drills, training methods and performance technique. To build up to competitive participation on swimming or triathlon events.

SWIM, CYCLE, RUN

+15 years • 90min

Focusing on transitions between sports this training is designed for athletes who want to achieve the next level on triathlon.

*Per session.