



# SWIMMING ACADEMY

## 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.

€ Free for annual members  
**€13 members** €18 non-members

### 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.

€ Free for annual members  
**€13 members** €18 non-members

### PERSONAL SWIM COACHING

⌚ 60min

For Children

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**  
**€65 members** €90 non-members

**Pack of 4 PT Sessions**  
**€240 members** €340 non-members

**Pack of 8 PT Sessions**  
**€440 members** €620 non-members

All prices are per person.

[BOOK YOUR SESSION HERE](#)



## FOR ADULTS

### PERSONAL SWIM COACHING

⌚ 60min

For Adults

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to to get fast results.

Attention is paid to the needs and specific objectives of each swimmer.



**1 PT Session**

**€65 members** €90 non-members

**Pack of 4 PT Sessions**

**€240 members** €340 non-members

**Pack of 8 PT Sessions**

**€440 members** €620 non-members

All prices are per person.

### TRISWIM

⌚ 60min

+15 years 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.



Free for annual members

**€13 members** €18 non-members

### SWIM, CYCLE, RUN

⌚ 90min

+15 years

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



Free for annual members

**€13 members** €18 non-members

All prices are per session, per person.

**BOOK YOUR SESSION HERE**