

SWIMMING CLASS SCHEDULE

MONDAY

TRIATHLON TRAINING

13:00 – 60MIN

TUESDAY

ADVANCED CLASS

09:30 – 60MIN

BEGINNERS CLASS

13:00 – 45MIN

WEDNESDAY

SWIM, CYCLE, RUN

12:00 – 90MIN

BEGINNERS CLASS

17:00 – 40MIN

INTERMEDIATE CLASS

17:45 – 45MIN

THURSDAY

ADVANCED CLASS

09:30 – 60MIN

FRIDAY

OPEN WATER SWIMMING

09:30 – 60MIN

TRIATHLON TRAINING

13:00 – 60MIN

KIDS TRIATHLON TRAINING

18:00 – 60MIN

SATURDAY

BEGINNERS CLASS

10:30 – 40MIN

INTERMEDIATE CLASS

11:15 – 40MIN

CLASS DESCRIPTIONS

CHILDREN'S BEGINNERS & INTERMEDIATE CLASSES

BEGINNERS CLASSES . 40 MIN

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.

€ 10€ PER SESSION (Member)
15€ PER SESSION (Non-member)

INTERMEDIATE CLASSES . 40 MIN

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.

€ 10€ PER SESSION (Member)
15€ PER SESSION (Non-member)

KIDS TRIATHLON (SWIM AND RUN) - 60 MIN

7-14 years

Improve skills to participate on Aquathlons and Triathlons, with a session of swimming and running. Swimming and running gear required. Must be able to swim in the 25m pool.

10€ per session (Member)
15€ per session (Non-Member)

ADULT'S BEGINNERS & ADVANCED CLASSES

BEGINNERS & ADVANCED . 45/60 MIN +15 YEARS

(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.

€ FREE FOR ANNUAL MEMBERS
15€ PER SESSION (Member)
20€ PER SESSION (Non-member)

SWIM, CYCLE, RUN . 90 MIN + 15 YEARS

Focusing on transitions between sports, this training it's designed to athletes who wants to achieve the next level on triathlon.

€ FREE FOR ANNUAL MEMBERS
10€ PER SESSION (Member)
15€ PER SESSION (Non-member)

TRIATHLON/ OPEN WATER CLASSES* 60 MIN . + 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.

*For the open water class you need to do an assessment session in the pool.

€ FREE FOR ANNUAL MEMBERS
10€ PER SESSION (Member)
15€ PER SESSION (Non-member)

PERSONAL TRAINING FOR CHILDREN & ADULTS

60 MIN

Personal training is training where you can have a tailor-made plan, motivation and monitoring to get fast results. Attention is paid to the needs and specific objectives of each swimmer.

€ 1 PT SESSION
80€ (Non-Member) 56€ (Member)
PACK OF 4 PT SESSIONS
300€ (Non-Member) 210€ (Member)
PACK OF 8 PT SESSIONS
560€ (Non-Member) 392€ (Member)



- KIDS CLASSES
- TRIATHLON TRAINING
- ADULT CLASSES