

Coach 'n Me Program

Are you looking to improve your strokes outside of normal practice?

Are you looking for some one-on-one help?

Are you a current member of the swim team?

CHECK THIS OUT!!

With the coaches help you get that “little” help your looking for. Weather it's diving, perfecting strokes, flipturns, or anything else we can help you out. Get in contact with one of the coaches before or after practice to set up some time. We do ask to not ask in the beginning of the session/season as to all swimmers will be getting the “rust” out of their strokes. Finally you can also bring fellow team members to work on things if you find that you all need help with (up to four swimmers at a time).

PRICE:

Coach 'n me: \$20/ half hour lesson

Coach 'me & me: \$25 (\$12.50 person)

Coach 'me & me & me: \$30 (\$10.00 per person)

Coach 'me & me & me & me too: \$35 (\$8.75 per person)

24 hour cancellation must be given to the coach or the swim team member will be charged. You can reach any of the coaches by calling 673-7123 x640 & leave a message.