

TIME TO
GET MORE
THAN YOUR
FEET WET.



PERSONALIZED SWIM TRAINING

Advantages of one-on-one swim training with swim coach, Andre Bourguignon:

- ~ Improve overall swim levels - from beginner through to competitive
- ~ Build strength and endurance in the water
- ~ Goal oriented swimming sessions
- ~ Strong emphasis on form, proper technique and stroke correction
- ~ Flexible Scheduling



| Rates | Member | Non-Member |
|--|--------|---------------------|
| Introductory Package | \$180 | \$225 |
| includes swim assessment, 3-60 minute private sessions | | |
| Session Packages | | |
| 7- 60 mins sessions | \$ 70 | \$ 87 ⁵⁰ |
| 12- 60 mins sessions | \$ 60 | \$ 75 |
| 24- 60 mins sessions | \$ 50 | \$ 62 ⁵⁰ |
| 20-60 mins semi-private | \$100 | \$125 |
| Rates are per session plus HST | | |

Andre Bourguignon
NCCP Certified Coach
Instructor Trainer
Lifesaving Sport Coach
Competitive Lifeguard

Register:
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