

SWAT PRIVATE TECHNIQUE LESSONS

The SWAT coaching staff is offering private technique lessons to SWAT swimmers. These lessons can be with the coach of choice. The lessons will be scheduled on a first come/first serve basis with interested swimmers. Lessons will only be available as open pool time and coach time allows. No lessons will be given during the coach's practice hours.

To schedule a lesson:

1. Contact the coach the swimmer would like to have the lesson with(emails for each coach can be found on the website under coaches & staff)
2. Arrange a lesson time

Lesson length: 30 minutes

Cost: \$30 flat fee (cash or check payable to the coach must be given to the coach at the beginning of the lesson)