

PRIVATE LESSONS

The cost of a one hour private coaching session from Olympic Coach Gary Vandermeulen is £40.00.

The cost of a one hour private coaching session for **two** swimmers is £50.00.

Private lessons are available depending on Gary's availability.

These private lessons will be directed by your own needs. Any stroke, dive, turn or training set will be assessed and training drills will be devised to improve your technique. Alternatively you can have Gary assess all strokes, dives, turns (including IM turns) and underwater dolphin kick (available on 5 hours booking only).

Private lessons will be run out of **Glenalmond College pool** unless prior arrangement for alternative pool is made. The cost for travelling to an additional pool will be £.40p per mile. The cost of the pool hire (except Glenalmond Pool) and entry fee for both swimmer and coach is to be paid by the client.

PRIVATE GROUP TRAINING SESSIONS

It is possible to book Gary for a group training session with your club. The cost for group training is \$75.00/hour plus expenses.

CALL GARY AT 01786 461260 or EMAIL gary@sheppardswimschool.co.uk

