

## COMPETITIVE SWIM-PACKS

This lesson type is for Competitive Swimmers and Triathletes of all ages

We have created Competitive Swim Packs as it has been proven that a combination of Video Stroke Analysis Sessions along with Competitive Private lessons will result in long-lasting stroke refinement and technique development.

Package Type	Per Pack	Discount*
*Discount percentage based on prices of single VSA Session and single Comp Private*		
Competitive 3-Pack (2 Video Stroke Analysis and 1 Competitive Privates)	\$210.00	<b>\$55.00</b>
Competitive 5-Pack (2 Video Stroke Analysis and 3 Competitive Privates)	\$350.00	<b>\$65.00</b>
Packages may not be shared, all listed prices are per person		

## VIDEO STROKE ANALYSIS SESSIONS

These sessions are for Competitive Swimmers and Triathletes of all ages

- Using our cutting edge technology, your SwimLabs coach will capture a 360° video of your stroke to provide instant visual feedback. All video recordings, screen shots, instructor notations and drawings from the session, along with side-by-side comparative analysis to world class swimmers will be compiled into a media file and sent to you for your ongoing reference
- Your SwimLabs Coach will also detail suggested drills for ongoing improvement of your targeted areas

Lesson Type	Per Lesson	Cost
Single Lesson	\$95.00	\$95.00
3 Pack of Lessons	\$75.00	\$225.00
Packages may not be shared, all listed prices are per person		

## COMPETITIVE PRIVATE SWIM LESSONS

This lesson type is geared towards Competitive Swimmers and Triathletes of all ages

- In the Competitive Private lesson, the swimmer will benefit from our cutting edge technology to receive instant visual feedback for stroke development and swim efficiency. Your interaction with the SwimLabs coach will be similar to a Video Stroke Analysis session - however - all of the videos, notations, etc., from the session will not be recorded.
- Your SwimLabs Coach will send you home with suggested drills for ongoing improvement of your targeted areas

Lesson Type	Per Lesson	Cost
Single Lesson	\$75.00	\$75.00
5 Pack of Lessons	\$68.50	\$342.50
10 Pack of Lessons	\$67.00	\$670.00
Packages may not be shared, all prices listed are per person		

Auto-Payment for Competitive Private Swim Lessons		
*Monthly Fee based on 4 week month - fees adjusted based on the number of weeks/month.*		
Private	Monthly Fee*	Per Lesson
1x week	\$240*	\$60.00
2x week	\$480*	\$60.00

## PRIVATE LEARN-TO-SWIM PROGRAM FOR ADULTS

Our Adult Learn-To-Swim Program is designed for those who want to:

- Overcome a fear of the water
- Learn any or all of the four strokes
- Swim short distances but become fatigued quickly
- Swim in their first Triathlon
- Swim on vacation, play with your kids and be confident in the water

Lesson Type	Per Lesson	Cost
Single Lesson	\$72.00	\$72.00
5 Pack of Lessons	\$67.00	\$335.00
10 Pack of Lessons	\$59.00	\$590.00
Packages may not be shared, all prices listed are per person		