

Coached Distance Swim Training

This is an opportunity to improve your swimming technique and your general fitness level in a personalized coaching environment.

- Geared towards swimmers who want to train for open water or triathlon events
- Distance based freestyle
- Development of better swimming technique

Coaching will be provided by BASA's Aquatics Manager/ National Coach Ben Smith, in the lunch-time sessions from **12-1pm on Tuesdays and Thursdays** starting Tuesday, March 20th.

For regular BASA registered Masters members, the cost is included with your monthly fee. For those who are not registered members but would like to participate, the cost is \$15 for each session you choose to attend and this is to be paid prior to the lesson, to Lisa in the BASA office (above the pool). We accept cash, cheques or credit/debit cards.