



**Want to improve your swimming? Swim faster? Improve technique?**

**NEW**

**Adults improves swimming course for triathletes and swimmers**

**WHEN -**

- 6 week course – starting Tuesday 1<sup>st</sup> May
- 1930 start time – 1 hour session

**WHERE -**

- Westbourne House School, Coach Road, Chichester PO20 2BH
- Free onsite parking
- 25 m pool – closed to public
- Changing rooms with Showers

**HOW -**

- **£60** payable in advance
- Email [Phil@itricoaching.co.uk](mailto:Phil@itricoaching.co.uk) to book

**OTHER INFORMATION –**

- Maximum 16 swimmers (4 per lane max)
- Minimum 10 people to run course
- Must be able to swim 25 m front crawl
- Equipment provided (pull bouy/paddles/floats)
- Fully qualified Swimming (ASA) and triathlete (BTF) coaches

