

TIME TO
GET MORE
THAN YOUR
FEET WET...



PERSONALIZED SWIM TRAINING

Advantages of one-on-one swim training with swim coach, Andre Bourguignon:

- ≈ Improve overall swim levels - from beginner through to competitive
- ≈ Build strength and endurance in the water
- ≈ Goal oriented swimming sessions
- ≈ Strong emphasis on form, proper technique and stroke correction
- ≈ Flexible Scheduling



Andre Bourguignon
NCCP Certified Coach
Instructor Trainer
Lifesaving Sport Coach
Competitive Lifeguard

Rates	Member	Non-Member
Introductory Package includes swim assessment, 3-60 minute private sessions	\$180	\$225
Session Packages		
7- 60 mins sessions	\$ 70	\$ 87 ⁵⁰
12- 60 mins sessions	\$ 60	\$ 75
24- 60 mins sessions	\$ 50	\$ 62 ⁵⁰
20-60 mins semi-private	\$100	\$125

Rates are per session plus HST

Register:
Aquatics Department
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