



# Coached Swim Training

Monday Evenings at 7pm



12th May to 14th July

9 sessions in total

## Coach - Kylie Mansfield

“Originally from London, I've been living in Hereford for nearly 5yrs now and have swum from an early age. I qualified as an ASA swimming teacher many years ago but more recently have been working my way through the BTF coaching programme.

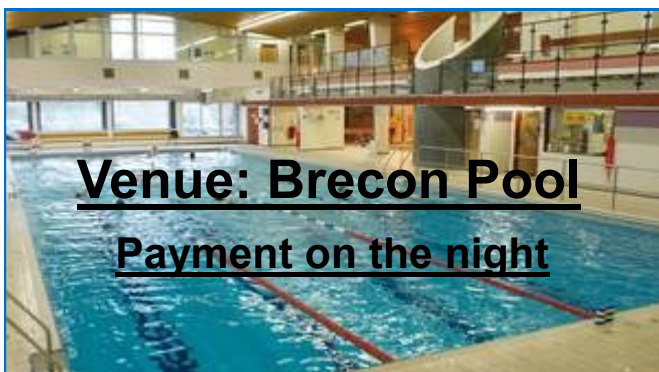
I'm happy to work with members to develop the swim sessions to meet their goals although all sessions usually contain a drills section as swimming is very technique based; the better your technique the more efficient your swimming!”



All are welcome to join us. **Brecon Triathlon Club** is a friendly club with a range of swimmers from complete beginners to Iron distance competitors.

There will be 4 lanes: slower swimmers in the first lane, more experienced in the last lane, so everyone will be training with swimmers of similar ability.

We encourage booking for all 9 sessions, as a block, to provide consistent training which will result in measurable improvements by the end of term.



**Venue: Brecon Pool**

**Payment on the night**

### Pricing

**All 9 sessions £30**

or

single session £4.50  
booking required

**Book via the [website contact form](#) or post on [Facebook](#)**

**New members welcome. 2014 membership fee only £5**

**[www.brecontriathlonclub.co.uk](http://www.brecontriathlonclub.co.uk)**