



Coached Swim Training

Friday Evenings at 7.30pm

Starting 19th September

14 one hour sessions in total



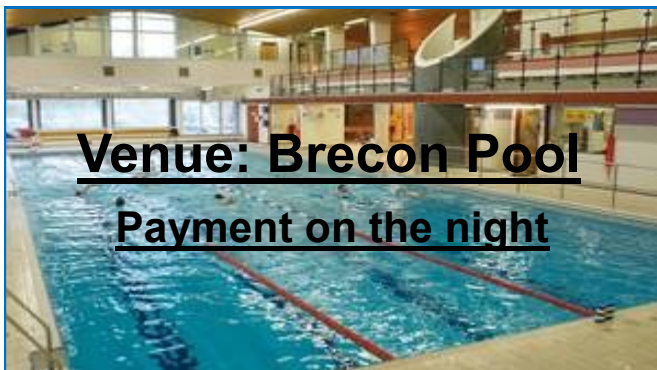
Coach - Kylie Mansfield



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 14 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

14 sessions £50

Priority given to those booking the whole course & Brecon Triathlon Club members

Book via the website [contact form](#)

www.brecontriathlonclub.co.uk