

OCTOBER 2020

After much discussion, the to-ing and fro-ing of many emails and hours upon hours of additional risk assessment and spreadsheet text merging..... I'm super happy to be able to announce that our pool sessions are finally going ahead.

Starting in November, sessions will take place in the beautiful historic Victorian pool at Milton Road in Swindon. With enormous thanks to the team at GLL who have made this possible.

Sessions will initially run on Tuesday mornings from 7.30am to 8.30am with a view to extending hours or adding additional days in due course, depending on demand and pool availability, Covid19 regulations and (heaven forbid) any further local lockdowns that may come our way

1 to 1 sessions are either 25mins (£25) or 55mins (£50), depending on your preference, stamina and what you want to work on. the 'missing' 5mins are to allow for a Covid safe changeover and avoid unnecessary contact with others in the changing rooms post swim.

Group sessions (max group of 5) are 55mins and cost per person will depend on the size of the group. Starting at £10 pp for a group of 5.

If, like me, you can't see why 'new' customers always get the best deals (on car insurance and the like...) then you'll be pleased to know that existing clients (ie. anyone who has had one or more sessions with Tamara prior to the 23 rd October 2020) will benefit from a special introductory offer with a 10% discount on sessions booked in November or December 2020.

As with our lake sessions, swimmers will all be sent a swim session summary after their session with details of any drills we did, any recommended practices and ideas to follow up in your own training as well as links to videos which show the techniques we talked about.