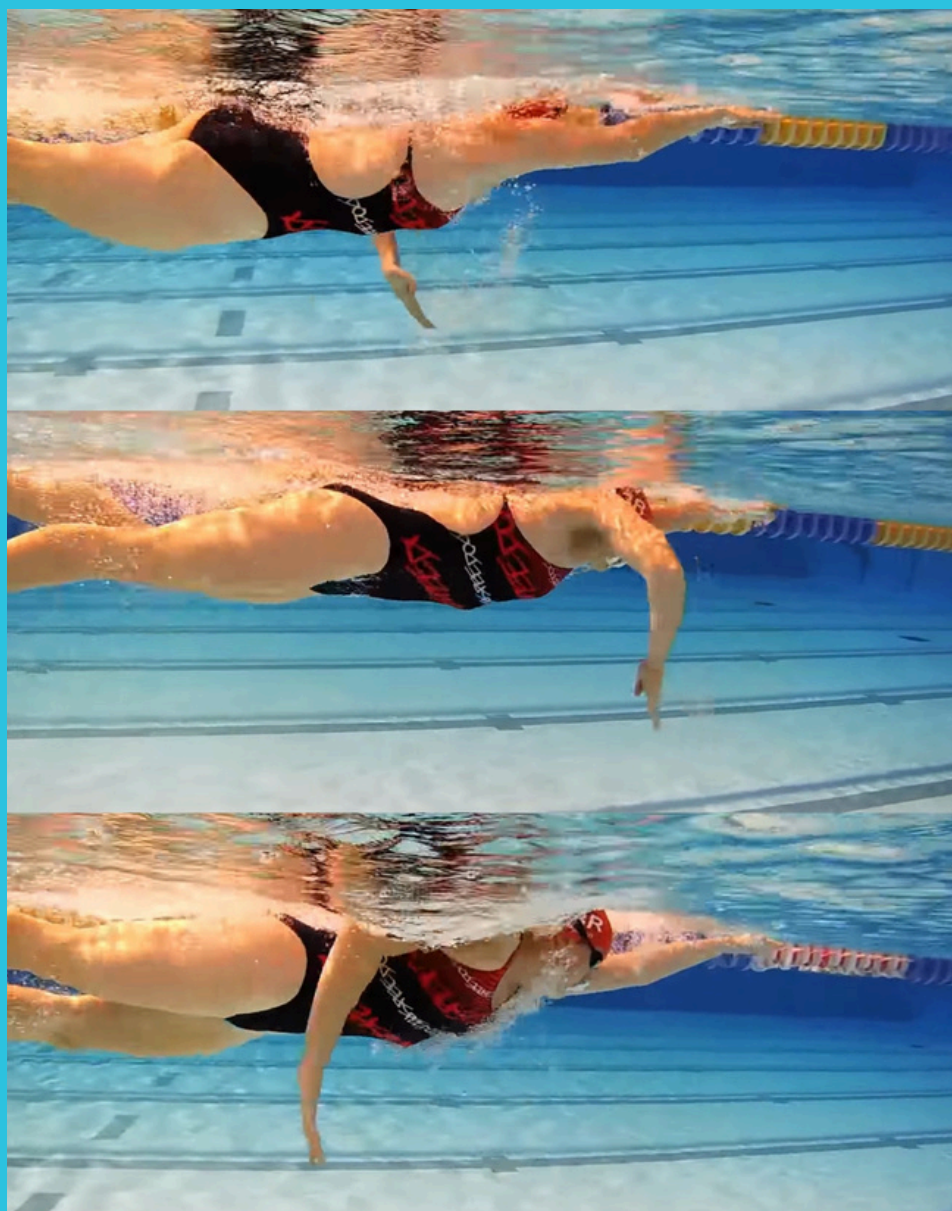




WWW.WAVECRESTSWIMMING.COM

PRICE LIST HANDBOOK



Prepared by
Cassandra
Patten
Olympic
Medallist

WAVECREST

Introduction

Welcome to WaveCrest Swimming's price list handbook

Having been an International swimmer, I have been coached by the best in the world. Since becoming a coach over a decade ago I aim to bring top level coaching to anyone who wants it.

At WaveCrest allowing you to confidently dive in to your training session is at the forefront of our mind, as we understand the positive impact this has towards reaching your goals.

We hope this detailed handbook contains everything you need to navigate your training journey.

How it works

At WaveCrest we know every swimmer's goals and dreams are different and individual that is why we have curated a number of different types of training session options, you can find out all about them below.



Training packages



Platinum

1-2-1 £120

2-2-1 £105

- A 90-minute all-encompassing session. Swimmers can expect:
- A comprehensive technique seminar
- Fully annotated video analysis
- Stroke breakdown and a personalised technique action plan
- Completed video sent after the session
- Recommended for your first session, or as a refresher, to build a strong understanding of the key principles that underpin swimming.



Gold

1-2-1 £75

2-2-1 £60

- A 60-minute session including:
- Fully annotated video analysis
- Stroke breakdown and technique action plan
- Completed video sent after the session
- Ideal for swimmers looking to fine-tune their stroke, speed, and efficiency.
- Please note: filming is limited to private pools, pools that allow filming, and outdoor locations.



Silver

1-2-1 £60

2-2-1 £50

- A 60-minute comprehensive technique session.
- No filming, but includes an in-depth verbal analysis of areas to improve.
- Perfect for swimmers wanting focused technical feedback without video support.



Bronze -

open water only

£45

- A 30-minute introductory open water session covering:
- Lakeside briefing and safety elements
- Cold water acclimatisation
- Breath control
- Technical coaching while in the water
- Ideal for swimmers new to open water who want a safe, structured introduction.

Please note; these prices are the coaching fees, Unless you are providing a private pool or are a lake member please add on the lane hire fee/the lake entry cost to these prices.

Getting started

To start we recommend sending a detailed email to our Head Coach Olympic Medalist Cassandra Patten.

To explain exactly what it is you are looking to achieve, it may be to train for a specific event or to improve your swimming generally and together you can decide what session is best for you.

Now is your chance to discuss any questions you may have, a phone call may be easier and that is always an option.



The pre-session documents

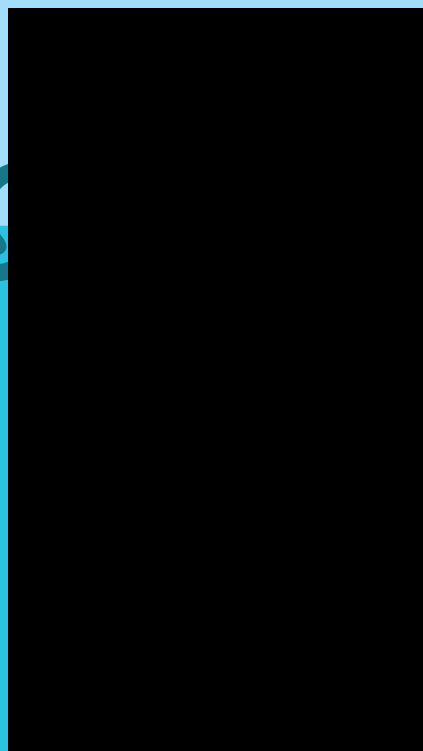


Prior to the session you will be sent an invoice along with a health questionnaire, a calendar invite and a detailed explanation how to get to the venue.

If you can please complete the forms in this in up to 72h before the session, and if you have any health concerns you wish to discuss please do let us know.

We put together this handy YouTube video which shows you what to expect for a swimming session.

<https://www.youtube.com/watch?v=KuBWlGlwMRY>



FAQ

FAQ

What do i need to bring?

If you have a swimsuit you can attend a session with WaveCrest. Other equipment you may consider investing in are goggles, a swimming hat and a wetsuit if you plan to swim in the cold winter months.

Many open water venues require all swimmers wear a bright swimming hat and wear a tow float, WaveCrest recommended brand is Swim Secure. **All WaveCrest swimmers will receive a 10% off discount code for Swim Secure when signing up for an open water session.**

WaveCrest has tow floats, swimming hats and goggles to hire if needed.

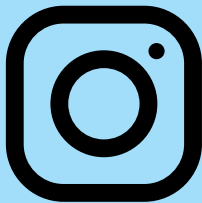


Finally

I hope this has helped you to better understand prices
If you have any questions or would like to book a session
please contact WaveCrest swimming and we will do our best to assist
you.



www.wavecrestswimming.com



[@wavecrest_swimming](https://www.instagram.com/wavecrest_swimming)

