

Greydogs

NEWSLETTER

STROKE

CLUB

MASTERS

www.greydogs.co.za

Hi all swimmers

Greydogs Crash Course:

Greydogs Swimming Coaching will be offering a crash course in the October school holidays.

Venue: Waterstone VA

Crash Course Dates: 1st - 5th October

Timeslots: 10am-2pm, slots every 30min

Cost: R550/swimmer/crash course (please see bank details below)

For swimmers specifically wanting **individual lessons**, the school holidays i.e. Crash course dates are the best time for us to offer this.

Private lessons cost: R180/lesson of half hour

Price when booking 2 or more: R340(2x private lessons)/R480 (3x private lessons)

To **confirm** commitment and participation, please make sure payment for the course is made before **Monday the 24th September.**

FAQ's on the Crash Course

- Lessons will be tailored to the specific needs of the group.
- Swimmers will be grouped according to level.
- Majority of the crash course lessons are Stroke Correction type lessons; Fitness lessons can also be arranged. Please request that if that is what interests you.
- We try to focus on 2 strokes for each group, strokes can vary from group to group depending on what each group needs.
(Please let us know in advance if there are specific stroke requests, alternatively we will select the strokes that we feel the group most needs worked on.)

New Greydogs swimmers: Please make sure you have completed an application form.

Many thanks Greydogs Coaching Team

Bank details

Greydogs, 62610907828, FNB, Business Cheque acc, branch 250655, ref "OctCC+swimmers name&surname".

Proof of payment can be emailed to lucy@greydogs.co.za

Internet banking is our first payment choice. Cheque payments (made out to Greydogs (Pty) Ltd) or cash payments need to be put into a marked envelope with the swimmers name. Please arrange with Lucy if you would prefer to pay cash. Many thanks.



the
greydogs
swimming
team

