



Adult Private Swimming Lessons

Your personal swim coach

It is never too late to learn something new, but it still takes courage to take that first step and sign up for swimming lessons.

For many and various reasons, people can have serious fear of water. Despite this, they dream of enjoying the pool or beach one day. More importantly, as a parent, having the ability to dive and swim in cases of emergency.

Others are motivated to learn how to swim because of the desire for exercise or recuperation.

Swimming is a enjoyable way of burning calories without giving any pressure on joints, muscles or lower back ailments.

We offer small groups and our certified and patient instructors will teach you the basics of floating and orientating in the water. Gradually you will learn four swimming strokes. Freestyle, Back crawl, Sculling and Breaststroke.



Tel. 06-10 88 57 54

info@your-personal-swim-coach.nl

www.your-personal-swim-coach.nl

www.facebook.com/your.personal.swim.coach

Join us in Leiden,
The Hague, Rijswijk,
Rotterdam or Hoofddorp



fear of water or want to smooth up your skills



Do you have a fear of water or would you like to improve your swimming skills?
Enjoy a try out lesson in any of our pools.
Together with our qualified instructors we will design a tailor-made training course which meets your specific needs.



Our Locations:
Your Personal Swimming Coach hires first class pools only.
Students are ensured a warm welcome of the following locations:

Savarin Hotel & Spa
Promenade Health Club
Holiday Inn

Laan van Hoornwijck 29, Rijswijk
Van Stolkweg 1, Den Haag
Haagse schouwweg 10, Leiden

**First Try Out
lesson for
€ 36 only!**

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