

Programme Plans 2025

Please see below the fixed programs which MySwimCo can offer. If you wish to discuss which program is best for you, or you wish to have a bespoke program made for you, feel free to contact Olly on 07595493558 or Olly@myswimco.co.uk.

Pool Swimming

	30 min sessions	1 hour sessions
1 Session - 1 to 1	£35	£49
4 Session Program - 1 to 1	£135	£190
8 Session Program - 1 to 1	£265	£375
16 Session Program - 1 to 1	£500	£750
Group sessions (4-6 people) subject to hire fees	POA	POA

All pool sessions are carried out to the village hotel on Fabian way in Swansea. All sessions are run on a 1-1 basis with your own private tutor.

An addition of £5 is added to each sessions where a written session plan is included
Please see below for more info

Endless Pool Swimming - Video analysis

1x 60 mins video annalysis endless pool swimming	£80
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Get the ultimate swimming experience with our state of the arms endless pool facility. Come here to see how you swim in full depth from multiple video angles. Pool is situated in Maesteg in our private facility.

Sea Swimming

	1 hour sessions	90 min session
1 Session - 1 to 1	£65	£90
Group session slot	£15	£15

Our fully qualified open water coaches are ready to get you swimming in the wild! Open water sessions are run thought south Wales in the warmer months (hopefully April/may start, September finish).

Online personal Programmes

Online programming starts from £50 a month and includes:

Anywhere from 1 - 4 swimming sessions per month - targeted towards your competition goals emailed to you at the start of every month paid. Also includes:

- 1 free initial 1-Hour Pool Session,
- 50% off video analysis sessions,
- Access to exclusive training plans designed to enhance your stamina, efficiency, and performance, our plans ensure steady progress in and out of the water
- Access to exclusive whatsapp group.

Pool Swimming

1x30/60 min Poolside Coached Session -From £49 per hour or £35 per 30 mins

Best Match - Swimmers wanting to develop the fundamental skills of swimming. Ideal for those who want technical gains as well and fitness gains.

To include: Pool side coaching from a qualified performance coach, tailor made programmes for the customer and a clear pathway towards their goal.

Sea swimming

1x60 min Sea Session with Qualified Instructor/Coach in kayak and sea based (other water vessel if necessary) - £65

Best Match - People who are comfortable with swimming in the sea but wish to develop their skills further. Ideal for those who love sea activities and for beginner triathletes or open water swimmers.

To include: Sea safety development and fundamentals of sea swimming. (best match - swimmers with some sea swimming experience)

1x90 min Sea Sessions with 30 mins of Demonstrating with Qualified Instructor and the further hour with Qualified Instructor in kayak (other water vessel if necessary) - £90.

Best Match - Swimmers/athletes with extensive knowledge of sea swimming and racing. Ideal for those getting into triathlon/open water swimming competitively.

To include: Instructor will spend 30 mins using visual aides and physical demonstrating, The further one hour will be used to develop the skills further and incorporate components of fitness fixed to the customers needs. (best match - swimmers who want their skills to progress further than fundamentals. these swimmers will have experience in open water)

Online training programmes

Our online programme are emailed to you at the start of every month.

What's Included for Just £50/Month?

A Free 1-Hour Pool Session

- Personalised consultation to set your aims and goals
- A technical analysis to craft an individualised training plan focused on your unique physiological and technical needs

50% Off Video Analysis Sessions

- Dive even deeper into your technique with a detailed breakdown to pinpoint areas for improvement and accelerate your progress.

Access to Exclusive Training Plans

Designed to enhance your stamina, efficiency, and performance, our plans ensure steady progress in and out of the water.

All online sessions will be bespoke to each individual. Goals will be set and outlined by filling out the sign up form and sessions plans will be allocated accordingly. These will be sent direct to your email.

