



PRIVATE SWIM TEAM COACHING



Our USA-certified swim team coaching staff leads these one-on-one sessions tailored to a swimmer's individual needs and goals. Whether it's improving stroke mechanics, enhancing starts and turns, or building endurance for competition, they have you covered! Great for competitive swimmers and triathletes!

Five - 45 minute sessions

Member: \$155 Community: \$310

**If you are interested in learning more or
scheduling sessions, contact:**

Director of Competitive Swimming, Michelle Upchurch
michelle.upchurch@glymca.org | 262.248.6211 x23