

BASA Bermuda Amateur Swimming Association ("BASA")

Ben Smith, the Aquatics Manager and National Coach, is available for one-on-one stroke technique improvement, stroke development, coaching advice beginning Monday, March 8th. These will be private coaching sessions that need to be booked 1 week in advance to secure a spot – they will last 45 minutes to an hour.

Times available: M/Th/F 10am – 12noon; 1pm-3pm

T/W 1pm – 3pm

A one-on-one session is \$50. A shared session with 2 swimmers is \$25 each. Any group over 2 swimmers will be \$20 per person.

Saturday sessions will be available and are \$75/hr, after 11 and before 4. Due to swim meets held at the BASA pool on certain weekends, this service will be unavailable at those times; therefore, requesting a session with as much advanced notice allows for enough time to secure a booking.

For the weekend sessions, it will be also be possible to book an underwater video analysis of your session at an extra cost of \$50.