REGISTRATION

Please fill in the blanks, mark the type of swimming style and rank. Afterwards give the registration to our swimming instructor.

.	ine registration to our			
Name, surname:				
Room number:	Departure:			
E-mail:	Mobile:			
Swimming styles:			Rank:	
Breaststroke:	0		Beginner:	0
Backstroke:	0		Advanced:	0
Freestyle:	0		Competitor:	0
Butterfly:	0		Triathlete:	0
Please select		1x 60 min	3x 60 min	
Individual training				
Double training				
Open Water				
Open freestyle		1x 30 min		
Open	Drill freestyle	1x 30 min		
directly with the at least 4 hours personally (in ca cancellation you	e place in the sports swe instructor. If you can' before at the receptionse of an excursion: 1 cu need to pay the full le	t show up bed n (written not day before). P esson.	cause you are il tification) or sp lease note that	l, cancel your lesson eak with the teacher without a
Please appear 10 minutes earlier than the lesson starts. Cover your body with sun cream and bring your bathing suit, towel and warm clothes for afterwards.				

I accept all mentioned conditions and confirm that I am free of any serious diseases (e.g.

Signature:

heart disease, organ damage). Using the pool only with a swim cap!

Date: _____



INFORMATION

Take the chance and learn how to swim or improve your swim style during your vacation. Gentle conditions and daily practice guarantee the highest level of progress.

Beginner: Face to face lessons provide fun with your very own swimming instructor. You will start to learn a new swimming style with great facility.

Advanced: Improve your technique with us. Learn how to glide smoothly through the water or learn how to crawl easier and faster.

Competitor: We find the seconds you are missing. We remove your mistakes and improve your technique, strength, power and mobility. We also work on your racing dives, underwater dolphin kicks and turns.

Triathlete: Getting more results from less work! Find out how to crawl the easiest way to save energy. We are improving your speed and swimming skills for the next triathlon.

Trainings equipment: Our trainings equipment for the courses consists of Power Fins, Paddles, Kickboards, Pull Buoys and Goggles.

Information: The courses take place daily in the sports pools.

Meeting Point: Every day, except Saturdays, at 11am at the Sportsbooking Center.





PRICELIS

1 Individual training

- All ranks
- Every style possible
- Training in the sea, Olympic pool or in the big pool of the Apart Hotel

0 , 1 1		
Olympic Pool	Open Water	
1x 60 min: 58,00 €	1x 60 min: 62,00 €	
3x 60 min: 169,00 €	3x 60 min: 179,00 €	

2 Double training (2 persons), adults price per person

- All ranks
- Every style possible
- Training in the sea, Olympic pool or in the big pool of the Apart Hotel

Training in the sea, or, in proposition and sing poor or the repair tribute.				
Olympic Pool		Open Water		
1x 60 min:	41,00 €	1x 60 min:	44,00 €	
3x 60 min:	119,00 €	3x 60 min:	127,00 €	

3 Open freestyle lessons, adult price per person

- Crawl BASIC or Crawl Competitors
- Every day of the week possible
- Training in the Olympic pool

Open freestyle	1x 30 min: 15,00 €
Open Drill	1x 30 min: 15,00 €
Package: Freestyle + Drill	1x 60 min: 29,00 €





