

# SWIM SWIFT

## BREASTSTROKE 1



### COURSE DATES:

21. OCT 2024

28. OCT 2024

04. NOV 2024

11. NOV 2024

18. NOV 2024

25. NOV 2024

02. DEZ 2024

09. DEZ 2024

16. DEZ 2024

**CHF 40**  
**PER LESSON**

### HALLENBAD ALTSTETTEN

DACHSLERNSTRASSE 35, 8048 ZÜRICH

- TAUGHT WITH ENGLISH & GERMAN SPEAKING INSTRUCTORS
- MAXIMUM 5 PARTICIPANTS PER GROUP

**MONDAYS from 19:30 – 20:10**

Course Information: Hallenbad Altstetten

To Swim Swift course participants,

I would like to provide you with information regarding our adult group courses at Swim Swift:

1. Eligibility

- Participants must be 18 years of age or older to enroll in the course
- All skills are welcome, from beginners to intermediate swimmers

2. Registration and Fees

- After having registered for a group course, you will receive a confirmation as soon as the minimum number of participants has been attained
- **The entry fee to the pool is not included in Swim Swift's course fee**

3. Swimming Equipment

Swim Swift does not have regulations concerning attire, we encourage you wear what makes you feel comfortable.

Checklist:

- Swimsuit
- Towel
- Swim Caps will be provided on the first course date
- Goggles (optional)

4. Safety Guidelines

**Lifeguards at Hallenbad Altstetten are not tasked with keeping a lookout for pool visitors. Please note, that if you are a beginner, practicing before or after class is your own responsibility.**

5. Additional Information

- We will meet inside the pool, I will most likely be wearing a blue Swim Swift T-shirt or a neoprene T-shirt. If you cannot see me, please reach out to the staff or text my phone number: 076 246 40 46
- Our AGB applies to this course, you can find it on our website: [www.swimswift.ch](http://www.swimswift.ch)

I ask all participants always follow these guidelines as well as those of the pool staff.

I look forward to swimming swiftly!

Sincerely, Alexa Strommer

