

Subject: Winter Swim Training for Adults – Martigny 25m Pool

We are pleased to announce that, for the second winter in a row, we will be offering **monthly coached swim sessions for adults** in the **Martigny 25-meter pool**. This year, we are thrilled to welcome **William Meynard**, a highly qualified coach and former **Olympic swimmer**, who currently serves as **head coach for the youth team of the Sion Swim Club**.

The sessions will focus mainly on the **front crawl** and will take place on **Saturdays from 16:00 to 17:45**. We will offer **1–2 training sessions per month** throughout the winter period, plus a special formation day (details below).

📅 Training Session Dates

- 06 December 2025
- 10 January 2026
- 17 January 2026
- 14 February 2026
- 28 February 2026
- 07 March 2026
- 21 March 2026
- 18 April 2026
- 25 April 2026

📅 Special Formation Day

Saturday, 01 November 2025 – 11:00 to 17:00, Martigny

Led by William Meynard, this intensive day will cover **all four strokes**, including both **in-water and dryland drills**, as well as **theory sessions** on how to teach each stroke effectively.

All sessions are **limited to 10 participants** and are intended for **advanced adult swimmers only**.

💰 Packages and Pricing

You may choose from the following options, or join a single session for **CHF 30**:

- 🥉 **Bronze Package**: 5 training sessions – **CHF 120**
- 🥈 **Silver Package**: 5 sessions + formation day – **CHF 180**
- 🥇 **Gold Package**: 8 sessions + formation day – **CHF 225**

Please **contact me personally** if you wish to **book a package**.

Participants who book a package will have **priority when reserving sessions – first come, first served**.

I will regularly publish the **remaining available spaces** for individual sessions.

We look forward to another great winter season in the pool!

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