



SWIMMING TRAINING PROGRAMME

Dear Member,

We are pleased to inform you that Coach Akbar Ali Mir and his team will be conducting the following programmes for various categories, once the current programmes are completed.

Coaching Categories:

1. Advanced Coaching

- **Charges:** ₹ 6000/- + GST per head (for 6 months)
- **Timings:**
 - Monday: 6:00 PM – 8:00 PM
 - Wednesday – Friday: 5:45 AM – 7:00 AM
 - Saturday and Sunday: 8:00 AM – 10:00 AM
- **Start date :** 1st May, 2025

2. Intermediate Coaching

- **Charges:** ₹ 6000/- + GST per head (for 6 months)
- **Timings:** Monday – Saturday: 4:30 PM – 5:30 PM
- **Start date :** 1st May, 2025

3. Beginners Coaching for Children

- **Charges:** ₹ 6000/- + GST (for a 6 month session) or ₹ 3000/- per month + GST for monthly sessions
- **Timings:** Monday – Saturday: 3:30 PM – 4:30 PM
- **Start date :** 1st April, 2025

4. General Members Coaching

For members who have basic swimming skills and wish to fine-tune their strokes, work out, or train for triathlons.

- **Charges:-**
 - Monthly: ₹ 2500/- + GST
 - Daily: ₹ 200/- + GST
- **Timings:** Tuesday – Saturday: 7:00 AM – 8:00 AM
- **Period :** Throughout the year

5. Beginners Group for Adults

For members who want to learn basic swimming skills and fine-tune their strokes

- **Charges:** ₹ 6000/- + GST (for a 6 month session) or ₹ 3000/- per month + GST for monthly sessions
- **Timings:** Monday – Saturday: 4:30 PM – 5:30 PM
- **Start date :** 1st April, 2025



We encourage all interested members to start registering for the above programmes as soon as possible.

Thank you and we look forward to an exciting swimming season.

Please complete the form below and submit it to the attendant at the swimming pool desk.

13/03/2025

M. V. Ganapathy
Brig V Ganapathy (Retd)
Chief Executive Officer

I would like to register the following names for the 'Swimming Training Programme'.

NAME Member / Member's Child	COACHING CATEGORY	M/F
1. _____	_____	_____
2. _____	_____	_____

Contact No

Membership No.....

Date

Signature of Member.....