

**Sean Gillan
Swim School
Georgia's Finest Learn to Swim
&
Techniques
Program**

**PRIVATE LESSON
Programs
Summer
Sessions
Start
May, 2018**

**I can come to your pool or you
can come to us.**

**Space is Limited!
Registration is first Come first served!**

**To Register Email:
swimwithsean@gmail.com**

**or visit web page at
seangillanswimschool.weebly.com**

Mail to:

Sean Gillan Swim School
190 Pebble Creek Dr., Athens Ga. 30605

Who we are:

Sean Gillan Swim School, LLC is a privately owned Swim School formed in the spring of 2000 by then colligate coach Sean Gillan. Coach Gillan is a former two-time High School All-American and Division I collegiate swimmer; before relocating to Athens he was the head age-group coach at the Greater Baltimore Swim Association and head assistant coach at Goucher College in Baltimore, MD. Sean originally developed his unique learn to swim program to offer a less expensive and more technique-oriented alternative to other learn to swim programs.

**What sets Our Swim School apart
from other swim lesson programs?**

- Our lesson plans are designed, written and supervised by competitive swimming coach Sean Gillan.
- Our Instructors are primarily ex-competitive swimmers.
- Our programs are based on the same step by step stroke building techniques that our competitive swimmers use in their workouts. Only our beginning swimmers use more tools to allow them to relax and fully concentrate on mastering the task at hand.
- Our swimmers are never forced to perform, instead they are encouraged to develop at a pace within their own individual comfort zones. This allows the swimmer to develop their own motivation for continuing the process thus making the rewards of accomplishment far more personal and intense.

- By allowing the swimmers to progress at their own pace we allow them to develop a sense of security and relaxation that is paramount in learning to swim efficiently.
- Small group sizes - Coach to swimmer ratio will be a maximum of 1 to 6 in beginner classes and 1 to 10 in intermediate and advanced classes. However we suggest a 1- 3 instructor to swimmer ratio in beginner groups and no more than 1-5 in Advanced groups. Parents know their children best however and many will benefit from one on one at the beginning.
- We believe that a positive experience breeds further positive efforts. We praise our swimmers for every tiny step they take. The first bubbles blown and the first blue ribbon are both major victories for the individual and should be treated as such.
- Our 10 level system steps swimmers from one level to the next providing a program that builds a swimmer from the bottom up with excellent mechanics. Upon graduation from each level the swimmers will participate in a ceremony where they receive a Graduation Award.

**Come Join us for an endless
Summer of Fun & Fitness!**

LEVELS

We take privates from beginners to Advances stroke Technique. We work with both children and adults.

Sean's Learn to swim technique is proven to be the best on the market. Our methodology allows swimmers to learn at their own pace but with a comfort level that tends to speed them to a success level you will be amazed by.

Sean's method and personality have also earned him a niche in the autism spectrum world. Again his methodology and personality lend an air of comfort and security that is so needed in this community.

Sean's true specialty however is advance Competitive technique. Whether you are trying to build your younger swimmers techniques early to avoid repetition injuries or are an advanced swimmer that is looking for that final edge put on strokes, turns, underwaters or tempo. Sean has the eye and technical insight to get you to where you want to go.

Private Lessons Cost-

Up to six swimmers at private pools.

Four -45minute Lessons- \$360

Eight- 45minute Lessons -\$500

~These groups can have swimmers that range beginner through Intermediate mixed.

~I also specialize in advanced competitive stroke and turn work.

~I also teach ADULT lessons from Beginner to advanced stroke work, open water and Triathlete techniques.

Application

Name: _____

Guardian : _____

Age: _____ DOB _____

Address: _____

Telephone: _____

Email _____

School: _____

Level: _____

Time: _____

Session# _____ or Comp _____

Circle One

Mornings // Privates

For more info call:

Sean Gillan- 706-548-7284 or 706-424-1407

Or Email

swimwithsean@gmail.com

Mailing Address:

Sean Gillan Swim School

190 Pebble Creek Dr.

Athens, Ga. 30605

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