

PENNY HEYNS

INDIVIDUAL STROKE CORRECTION & COACHING



Thanks so much for the fantastic stroke correction session! I have learnt so much that I will keep with me forever

Ashleigh

Loved the swimming stroke correction....Breaststroke feels faster already!! Thank you

Christo

Thanks for helping me with my strokes. It looks much better....Hope you can come again!

Jenna

Penny, Thank you so much for your time and dedication to fix my stroke!

Time to focus on that pull

Alex

Penny thanks for coaching me. I truly learnt a lot. My dream is to swim in the Olympics and you have truly inspired me!

Julia

I learnt so much not just for my stroke but Mental Power too

Lisa-Cathleen

**Offered for ALL strokes
This is not a learn to swim session.**

Penny focuses on

- stroke correction,
- stroke specific drills
- starts & turns
- mindsets
- high performance mentoring

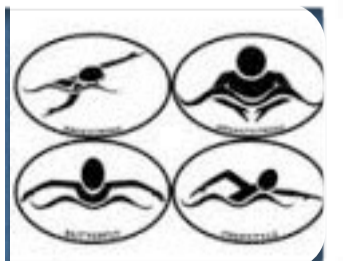
Suitable for both the novice and experienced swimmer, triathlete & open water swimmers

Personal coaches are welcome to attend



1-hour

- hour per group - max 3 swimmers
- max choice of 2 strokes per session
- Travel & Accommodation applicable for all areas outside Gauteng



- **Payment strictly CASH on the day, prior to session**
- **PLEASE bring Kick Boards & Fins**