

# **HPSC COSTS AND BREAKDOWN**

Standard Drop-in Rate = **\$50 a session CASH**

Methods of payment- CASH in person preferred, will also accept E-transfer with email confirmation

## **Extra info about registration:**

\*Temporary Max of 10 participants per Clinic\*

*(Wait list will be created in first come first serve order. As demand increases, pool space will increase for more participants.)*

**Any questions just email me at: [trucoachswimprograms@gmail.com](mailto:trucoachswimprograms@gmail.com)**

## **Equipment List:**

Required:

Kickboard

Pull Buoy

Googles

Fins

Proper Training Swimsuit *\*(No bikinis, or trunks)*

Swim Cap

Recommended:

Swim training snorkel

Hand Paddles

Drag Suit *\*optional*

Swim Cap *\*recommended*

**Recommended Brands:**

**Finis, Speedo, Arena, Nike, TYR,**

***\*These pieces of equipment are essential to getting the most out of the HPSC clinic. Using the proper swim brands will ensure that you have adequate equipment. Most swim equipment you will buy once and rarely replace in the long run.***