

JUMP IN THE WATER IS FINE!

Do you know what we hear most often from our new swimmers after their very first lesson? "I wish I had signed up sooner!" Trust us, you're not alone if you've been putting it off. In fact, as we prepare for our new season in 2024, where we'll be welcoming 900 swimmers each week, we've learned that many adults hesitate for the same reasons:

TOP 3 MYTHS HOLDING YOU BACK:

- 1** I'm worse than everyone else; I'll make a fool of myself
- 2** "I'm not fit enough or happy with how I look right now."
- 3** "I don't need lessons I'll just learn on my own next summer."

But here's the truth:

those who push past these fears are the ones who enjoy the freedom and confidence that swimming brings. They find motivation in these top reasons for taking the plunge:

TOP 3 REASONS OUR SWIMMERS SIGN UP:

1

"In an emergency, I want to protect my kids."

2

"I'm tired of missing out on fun with friends and family at the beach or pool."

3

"With my busy lifestyle, I know how important swimming is for my health."



BUILDING CONFIDENCE AS A NON-SWIMMER

1

Discover Your Buoyancy

In your first lessons, you'll explore how naturally buoyant you are. Fun fact: sinking is harder than you think!

2

Learn to Relax

Relaxation in water takes time, but with a mix of floating, gliding, and easy breathing, you'll soon feel at home in the pool.

3

Master the Glide

Gliding connects floating and relaxation. Once you glide effortlessly, you're halfway to mastering streamlined swimming.

4

Stop and Stand Mid-Swim

Before tackling strokes, you'll learn the crucial skill of stopping and standing up from any swimming position

5

Submerge with Confidence

Learning to submerge helps you discover a peaceful, quiet world underwater. The more you practice, the more relaxed you'll become.

6

Start Swimming!

Now, it's time to start swimming! We'll teach strokes piece by piece, starting with leg kicks, then moving to more technical skills. Once you've mastered these basics, you'll advance to the next level and receive a goody bag to celebrate your progress!

WHAT TO EXPECT FROM YOUR FIRST LESSON

Once you've enrolled online and paid for your first session, our team will schedule your lesson according to your preferred location, time slot, and level. You'll receive a confirmation via phone and email.

If you need swim gear, stores like Decathlon or Intersport, or online shopping, can help you get ready.

GOOD TO KNOW

- **Lesson Duration:** 45 minutes, all in English.
- **In-Pool Coaching:** Coaches are with you in the pool at beginner levels.
- **Flexible Membership:** Invoices are monthly, and if you cancel a lesson (with at least 8 hours' notice), you can reschedule it at any time.
- **Individual Monitoring:** Your progress is tracked online, so you'll know exactly what to work on before advancing to the next level.
- **Advanced Levels:** Starting from Level 3 ('Intermediate'), you'll continue your journey in deep water, aiming for your official AB and C swim diplomas. While not mandatory, earning these diplomas is an achievement that comes with great pride and an unforgettable event!

WHAT TO BRING:

- **Swimwear** (whatever makes you feel comfortable)
- **Flipflops and a towel**

(Showers are available)

READY TO DIVE IN?

Sign up today and experience the joy of swimming—whether it's for fitness, fun, or peace of mind. Our supportive community and expert coaches are here to help you every step of the way!

Sign Up

