

# HOA Summer Swimming Lessons

## Water Orientation

For children 3 years and older who are beginning Swimmers. Typically, these students will not willingly submerge their heads. One of the goals of this class is to teach the student to swim 2 to 4 feet on their own.

## Level One

This class is for students, who already enjoy the water, go under willingly, but swim vertically instead of horizontally. One of the class goals is to teach students to jump into the water, level off and swim for a short distance.

## Level Two

Students entering this class can swim for 2 feet on front and back, but still have difficulty getting a breath without stopping forward motion. Class goals include kicking, stretch and pull arms, getting a breath without stopping, floating on back for 15 feet, and swimming on front for 15 ft.

## Level Three

Students entering this class can swim on front and back for 15 feet. Students will be introduced to back crawl, backstroke, and reversing direction. Students will also work on improving front crawl.

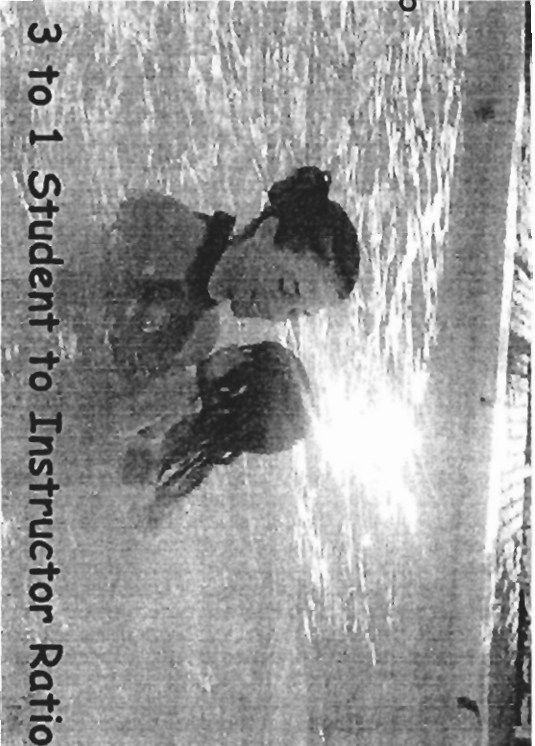
## Stroke Class

Students entering this class can swim on front and back for 30 feet. Students will work on improving front crawl with rotary breathing for 25 yards, back crawl for 25 yards, backstroke for 10 yards, breast stroke kick, scissor kick, and introduced to turning at the wall.

Register On-Line at:

[www.familyswimgym.com](http://www.familyswimgym.com)

Visit our Web Site for Information On Class Dates, Times, and General Information



3 to 1 Student to Instructor Ratio

HOA Code



HOA Code

## Our Philosophy

We believe in putting students first by focusing on love, patience and trust. When we combine these virtues with a structured lesson, we produce a safe and happy swimmer. Our goal is to provide your child with the highest quality swim lesson taught in a safe, encouraging and warm environment.

## Our Instructors

Our instructors are carefully chosen for their maturity, and abilities to love, bond, and communicate with students. The instructors receive training on First Aid and CPR, programs from the National Swim School Association and our own unique curriculum.

## Our Class Length

Our classes last for 30 minutes. National Swim School studies show that attention spans are seldom over 30 minutes

## Session Length

Our Summer classes meet 4 times a week for 2 weeks.

## About Family Swim Gym

Family Swim Gym started giving swimming lessons in Flower Mound, Texas over 19 years ago. We have expanded to many additional locations.

We grew quickly because we provide very high quality swimming lessons. Initially, we only used Red Cross techniques, but, to meet the demands of younger swimmers, we quickly changed to techniques endorsed by the National Swim School Association. The National Swim School Association targets younger students with better and safer lessons. Family Swim Gym also adopted many techniques from nationally known swim schools such as the Jan Thomas Swim School in Fresno, California. By adopting the best swimming techniques as well as management styles, Family Swim Gym delivers very good swimming lessons.

Our instructors also contribute to the high quality lessons. We can hire better instructors because we treat our instructors well. Family Swim Gym pays instructors well and keeps the student to instructor ratio low. In return, we expect our instructors to work hard. Instructors also know that parents will submit course evaluation questionnaires on the last day of class.

On the first day of class as well as the last day of class, we strive to provide: safety, compassion and fun. Safety goals refer to being safe not only at class time, but also helping the child to become safe in dangerous situations. Children learning to swim also need to feel that the instructor has compassion and cares for them. Children learn to swim better when instructors make the lesson fun. Thanks for choosing Family Swim Gym.

