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## SWIMFIT LEARN TO SWIM PROGRAM

### What is Swimfit?

Swimfit summarizes the extensive experience of swimming and fitness trainers with a unique vision for modern training for sports and athletes. We believe that the right education at the beginning sets us on the journey toward becoming a future champion.

How many swim strokes (styles) do my kids have to learn to be able to swim professionally?

There are four main swim strokes that are typically taught for professional swimming:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly stroke



**SWIMFIT**  
sports services

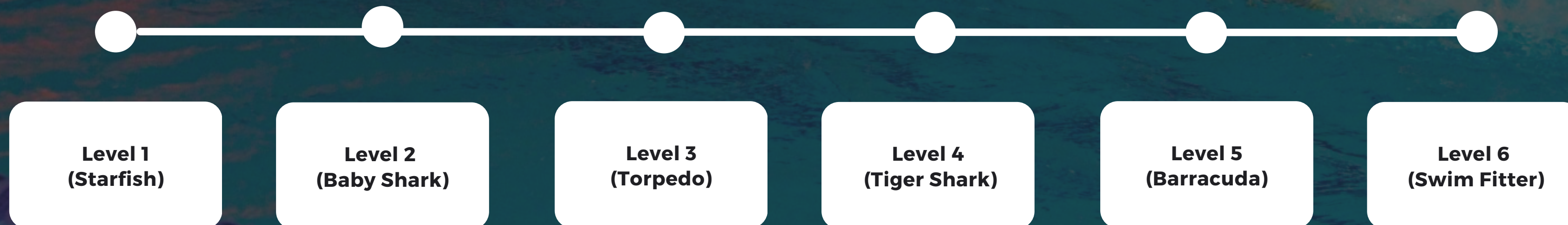






## IN THIS PROGRAM

There are six different levels for swim learning. Trainees will be able to perform all the basics and important swimming skills. A certificate of achievement and gifts will be provided for each level.



Notice: The minimum age required is three years old to join any of the levels. However, for any new joiners, an assessment will take place before joining.





## LEVEL 1 (STARFISH)

In this bubbly level, the trainees will have so much fun with toys and games in the water while learning the following skills:

- Opening eyes under the water without swim goggles
- Blowing bubbles
- Safety skills (how to enter and exit the swimming pool)
- Following the swimming pool rules, signs, safety procedures, and coaches

To pass the level, trainees will be tested on the same skills without any help. A certificate and gifts will be given for motivation, and a student of the month award will also take place.

**Each group is limited to 5 students ONLY.**



## LEVEL 2 (BABY SHARK)

In this level, the coaches will focus on:

- How to float on the front and back side (starfish position)
- Eleven position (glide)
- Y position focusing

The coach will correct wrong body positions and use equipment such as the pool wall, kick board, and noodle floater for perfect freestyle and backstroke.

To pass the level, students will be tested on the same skills while floating 5 to 10 meters on the front and back. A certificate and gifts will be given for motivation, and a student of the month award will also take place.

Each group is  
limited to 5  
students ONLY.







# LEVEL 3 (TORPEDO) 05

By the time level 2 is achieved trainees will know how to establish the correct body position and floating technique.

At this Level Coaches will focus on the:

- The legs affection and kicking for the following ( Freestyle, Backstroke, Backstroke body roll )
- Freestyle side breathing
- water safety deep skills

- with retraining the floating techniques, and using different drills to improve the kicks and body position for enhanced and professional swimming.
- To pass the level ( Trainees will be tested for the same skills for 15 Meters swimming front and back kicking without swimming equipment).
- Certificate to the kids.
- Swimmer of the month will also take place.

Each group up to 6 Students



# LEVEL 4 (TIGER SHARK)



**This is the last stage before advanced levels begin. Coaches will focus on:**

- Full freestyle (breathing, arm movement, and timing)
- Full backstroke (body roll, arm movement, and timing)
- Freestyle and backstroke turns and starts (dolphin dive)

To pass the level, trainees will be tested on the same skills while swimming 25 meters of full correct freestyle and backstroke with good turns and underwater dolphin kicks.

A certificate with a photo on a board and gifts for motivation will be given to the trainees who pass the level. A swimmer of the month award will also take place.

Each group is limited to 6 students.





## LEVEL 5 (BARRACUDA)

In this advanced level, coaches will focus on:

- Breaststroke kick techniques using different drills for 25m to 50m fast kicks.
- Breaststroke breathing and timing.
- Butterfly or dolphin kicks using different drills.
- Butterfly fast kicks for 25m to 50m swim.
- Fly breathing and timing.

To pass the level, trainees will be tested on the same skills while swimming 25 meters of full correct breaststroke and butterfly kicks and timings.

A certificate with a photo on a board and gifts for motivation will be given to the trainees who pass the level. A swimmer of the week and swimmer of the month award will also take place.

Each group is limited to 8 students.



# LEVEL 6 (SWIMFITTERS)

In this final level, coaches will focus on:

- Breaststroke breathing with kicking
- Breaststroke arms only
- Breaststroke arms with breathing
- Full butterfly swim of 25 meters to 50 meters
- Butterfly and breaststroke turns and starts (dolphin dive)
- Butterfly kicks with breathing
- Butterfly body wave with breathing

To pass the level, swimmers will be tested for a 25-meter full correct breaststroke and butterfly with correct wall touch.

A certificate with a photo on a board and gifts for motivation will be given, and Swimmer of the Week and Swimmer of the Month will also take place.

Each group can have up to 10 swimmers.

Each group is limited to 10 students.





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# CONGRATS YOU'RE SWIMFITTER

WELCOME TO SWIMFIT TEAM!

The next stage is to compete with our squad, starting from 7 years old.

You will join our squad and train hard to reach your golden goals, and to compete in short course competitions, long course and open water races all over UAE, and more.