

SwimAmerica

The World's Best Swim Lessons



"To Save Your Child's Life - Get Swim Lessons NOW!"

How do I know if my child needs swim lessons?

Babies and Preschool children need swim lessons to learn safety skills. The most important skill is the "roll over," a skill where your child will learn to float on the back and get air. Other skills like swimming to the wall in case he accidentally falls into water need to be learned as well.

School aged children need swim lessons to learn to swim on top of the water. Underwater swimming cannot save their lives! Children tire quickly underwater. Learning a good freestyle stroke with proper air exchange will help your child build confidence in the water and may save his or her life.

How long will it take to learn to swim? This depends on your child's age and level of fitness. It takes 20 or more lessons for preschoolers to learn the basic skills of floating, kicking, rolling over on their backs to breathe, float and rest.

What type of lessons does SwimAmerica offer?

SwimAmerica JAX offers infant through adult lessons. We teach with the most effective method known, using a progression developed by this nation's top swim coaches. Our goal is to teach your child to swim quickly. Group lessons are offered with a ratio of 1:5 or better. Private lessons also available. Swim**FASTER** private lessons are offered for Triathlete and competitive swimmers to improve their strokes.

- ▶ **Where:** Holly Oaks Pool
- ▶ **When:** May - September 2015
- ▶ **SwimAmericaJax@gmail.com**

904-379-8979