

## LEARN TO SWIM

Age 3+ | 30-45 mins | 3-4 kids per lane | from AED94.50 per lesson

Begins with water confidence and core aquatic skills through to pre-squad sessions with drills, strokes and technique.

6 levels.

## YOUTH

Ages 9-14 yrs | 45 min | 4 kids per lane | from AED99.50 per lesson

Designed for pre teens and teens who have little swim experience. This program allows them learn the fundamentals of swimming with peers in the same age bracket.

4 levels.

## SQUADS

75-90 min | 5-6 kids per lane | from AED105 per lesson

Learn lane etiquette, race techniques, speed and endurance. Squads prepares swimmers for short course and long course competitions.

4 levels.

## FAQS

1. How much are lessons?

Group swimming lessons are booked by the term. Per session pricing is AED94.50 - AED115 and varies based on level.

2. Do I need an assessment?

All children age 3+ require a free 10 minute assessment to determine the appropriate level. Sign up here [www.urbanswimacademy.com/assessments](http://www.urbanswimacademy.com/assessments)

3. How do I sign up for a lesson?

After your assessment is complete you can book your lesson via our website: [www.urbanswimacademy.com/book\\_with\\_us](http://www.urbanswimacademy.com/book_with_us)

4. Can I do a free trial?

Unfortunately we don't offer free trials, but your assessment is free.

5. What happens if I miss a lesson?

We offer a flexible make up policy. The number of make up lessons you qualify for depends on how many sessions you've booked for the term.

6. Other questions or concerns? Click on the QR code!



# ADULT SWIMMING LESSONS

We offer 6 levels of adult lessons.

From the complete beginner to specialist triathlon training and performance swimmer training, our classes are structured so that you will be swimming with others of similar ability.



## FAQS

1. How much are classes?

<b>Adult Group Lessons</b>	Single lesson - AED90 5 Pack - AED400 10 Pack - AED750 Discovery Pack * - AED390
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\* Discovery Package is available for new customers only with 21 days of unlimited group lessons

2. Do I need an assessment?

Yes either at the pool, or one of our Adult specialist instructors may be able to give you a call to do a verbal assessment over the phone.

3. How do I sign up for a lesson?

Adult lessons can be booked via the Urban Energy app, on the Apple or Google Play store.

4. Can I do a free trial?

Unfortunately we don't offer free trials, but do an assessment and book a single lesson!

5. What do I need to bring?

A towel and some swim goggles, we will give you an Urban Swim Academy swim cap.

6. Other questions or concerns?

Send us a WhatsApp on 058 554 8130 or click on the QR code!



Private swimming lessons are for babies, kids, teens or adults.

Much like personal training our team will take the time to understand your needs and develop a bespoke training plan for you. Learn swim basics, brush up on some rusty skills, learn a new stroke, or simply get fit through swimming.

## FAQS

1. How much are private swim sessions?

Private swimming sessions are available as single sessions or in pack of 5 that are valid for 2 months. Sessions are starting from AED205 for 30 min one-on-one.

2. Do I need an assessment?

No since the program is all about you, our coach will discuss your goals and assess you at your first session.

3. Which ages can you book private training for?

Private sessions can be booked for any age!

4. What happens if I miss a private session?

You will organise the schedule of sessions with your coach to suit both of your schedules. If you can't make a session, please let your coach know 12 hours prior to the session to reschedule.

5. How long are private sessions?

Choose between 30 minutes, 45 minutes, 60 minutes or 90 minutes - it's up to you!

6. Other questions or concerns.?

Send us a WhatsApp on 058 554 8130 or click on the QR code



Baby & Toddler swim options for 3 month to 3 years olds:

## BABY & TODDLER PRIVATE SWIM SESSIONS

Baby & Toddler private swim sessions teach fundamental swim skills, water safety and are tailored to your child's developmental age and stage. In these private sessions, learn with one of our specialist instructors the skills to enjoy the water together as a family.

Suitable from 3 months to 3 years old

## BABY & TODDLER SELF RESCUE

Self rescue is a lifesaving skill taught as one on one sessions over a 10 day intensive course. It teaches your child to roll over from a life-threatening face down position, to independently floating face up and breathing, without panic and swim to safety OR to remain in that position until help arrives. This is a specialist program from Children Of The Water.

Suitable from 9 months to 6 years old.

## TODDLER WATER CONFIDENCE SESSIONS

These one-on-one sessions are tailored for children who are scared of the water or who find group lessons too overwhelming.

Our specialist instructors use out of the box techniques to help your child gain confidence and a love for the water.

Suitable from 2 yrs to 4 yrs old.

Other questions or concerns.?

Send us a WhatsApp on 058 554 8130 or click on the QR code

