

WHAT SWIMMING LESSONS SHOULD LOOK LIKE

It's Important to Have Fun in the Water,
but It's More Important to **Be Skilled** in the Water.

To see growth, as young as 6 months old,
your child must be able to know how to:



1 Hold their breath under the water



2 Propel themselves with their face in the water



3 Roll on their back to float independently



4 Pull themselves up on the steps or wall
(age appropriate)



These skills can be taught within 4 to 6 weeks through daily 15-minute lessons. They are taught in these short, repetitive lessons because developmentally, that's how children learn.

Our Survival Swim Lessons are successful because we're invested in your child being safer in and around the water.

Texas Swim Academy

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