

AQUA BABIES ADULT AND CHILD CLASSES

FOR THE FIRST TIME, HAMILTON AQUATICS WILL BE OFFERING ADULT AND CHILD SWIMMING CLASSES DURING THE SUMMER HOLIDAYS FOR CHILDREN AGES 3 MONTHS – 18 MONTHS AND 19 MONTHS – 36 MONTHS. THESE CLASSES WILL BE CONDUCTED AT A NUMBER OF CONVENIENT LOCATIONS.



LEARNING TO SWIM

Learning to swim is a vital skill and can be learnt at any age, however it is a known fact that the younger you learn something; the more receptive you are to the skill.

Babies can be very liberated in the water and due to its weightless properties water is extremely enabling for them. It allows freedom of movement and strengthens the heart and lungs as well as exercising a multitude of muscle groups. This in turn stimulates appetite leading to improved sleep and eating patterns.

PROGRAMME OUTLINE

Our programme is based on learning in a fun and comforting environment through play, word association, popular nursery rhymes and lots of smiles to encourage swimmers to become confident, relaxed and able to help themselves in water.

Classes become a bonding experience for the adult and child and can increase intelligence and aid social interaction, co-ordination and concentration skills.

OUR INSTRUCTORS

Our experienced instructors will help create an enjoyable learning experience for your child in order to promote a love for water and to learn a skill that will carry them through life.

For more information about **Aqua Babies**, please email summerabudhabi@hamiltonaquatics.ae

Early Bird Discounts – Summer Swimming 2014

Special Offer No.1	Book and pay before Sunday, 15 June 2014 and only pay AED300 per week.
Special Offer No.2	The 3rd child in a family that has booked into any of the Hamilton Aquatics Summer Swimming 2014 weeks will receive 25% discount (only when all 3 children attend during the same weeks).
Sunday to Thursday – Sign up for as many weeks as you like	

BELIEVE - SACRIFICE - ACHIEVE

Please call or visit us online for more information about the Hamilton Aquatics Summer Swimming 2014 Learn to Swim Programme:
Mobile +971 56 654 6733 Email summerabudhabi@hamiltonaquatics.ae
www.hamiltonaquatics.dubai.com

Join us on Facebook.com/HamiltonAquaticsAbuDhabi or follow us on Twitter.com/HamiltonAquatic and Instagram.com/hamilton_aquatics_abu_dhabi

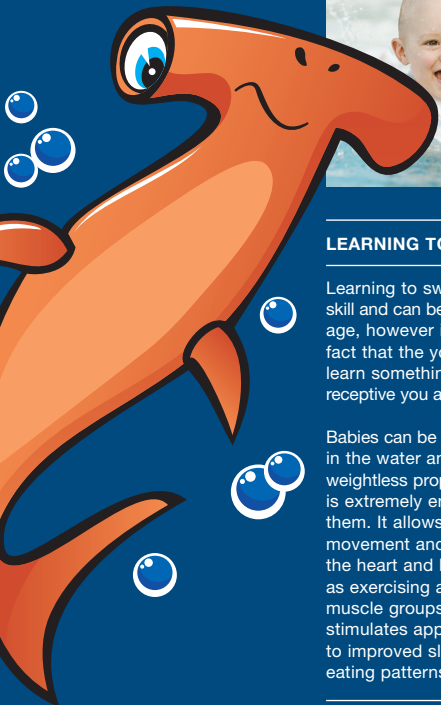


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29 JUNE TO 11 SEPTEMBER

SUNDAY TO THURSDAY

SUMMERABUDHABI@HAMILTONAQUATICS.AE



EARLY BIRD DISCOUNTS!
Conditions apply



HAMILTON AQUATICS SWIMMING ACADEMY
2014 | **SUMMER SWIMMING**
LEARN TO SWIM



EARLY BIRD DISCOUNTS!

Please see overleaf for details

SUMMER LEARN TO SWIM 2014

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WHAT DOES OUR PROGRAMME OFFER?

Hamilton Aquatics offers an extensive learn to swim programme that has been based on a framework developed by the Amateur Swimming Association (ASA), England's national governing body for swimming. The programme is open to children from 3 months and upwards from all areas of the community.

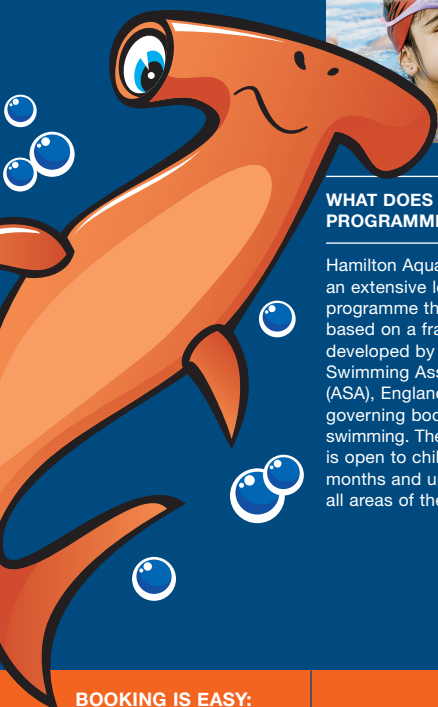
WHAT SKILLS WILL BE TAUGHT?

The skills we teach have been carefully selected to ensure children are getting the correct exposure to the required skills at the appropriate age, this is in line with the **Long Term Athlete Development Plan** that has been highly successful in a number of sports in various countries around the world.

WHY CHOOSE HAMILTON AQUATICS THIS SUMMER?

Our Summer Swimming 2014 **Learn to Swim** programme offers children a fun and safe environment to learn swimming over 5 days. These intensive lessons have proven to be very popular with parents due to the great improvements that children have made with increased water confidence, aquatic skills and swimming skills.

For more information, please email summerabudhabi@hamiltonaquatics.ae



BOOKING IS EASY:

1

EMAIL

New customers – email summerabudhabi@hamiltonaquatics.ae to register for a FREE assessment and receive full booking information.

2

ATTEND

Attend the allocated assessment session.
Upon completion of your assessment, you will be advised on the Stage your child should be booked into.

3

SELECT

Select your site, class and weeks from the information provided by the Site Manager.

4

PAY

Make payment following a successful booking.
Regular price **AED350**
Early Bird price **AED300**



SELECT:

KHALIFA CITY A	GEMS American Academy, Khalifa City A, Abu Dhabi
BANIYAS CITY	GEMS Cambridge International School, Baniyas City, Abu Dhabi
AL MUNTAAZAH	Brighton College, Al Muntazah, Abu Dhabi

LOCATIONS

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
29 Jun – 3 Jul	6 Jul – 10 Jul	13 Jul – 17 Jul	20 Jul – 24 Jul	27 Jul – 31 Jul	3 Aug – 7 Aug	10 Aug – 14 Aug	17 Aug – 21 Aug	24 Aug – 28 Aug	31 Aug – 4 Sep	7 Sep – 11 Sep

HAMILTON AQUATICS STAGES OF THE LEARN TO SWIM FRAMEWORK

STAGE 0	AQUA BABIES ADULT AND CHILD CLASSES AIMED AT INTRODUCING BABIES TO THE WATER (<i>PLEASE SEE OVERLEAF FOR MORE DETAILED INFORMATION</i>).
STAGE 1	AQUA TOT/TOTAL BEGINNER SWIMMERS WILL DEVELOP BASIC MOVEMENT SKILLS, THE “CLASS” SCENARIO, WATER CONFIDENCE AND SAFETY AWARENESS. CLASSES ARE CONDUCTED WITHOUT PARENT “IN WATER” SUPERVISION.
STAGE 2	AQUA TOT+/BEGINNER 1 SWIMMERS WILL DEVELOP SAFE ENTRIES TO THE WATER AND WILL CONTINUE TO PRACTICE FLOATING, TRAVEL AND ROTATION IN THE WATER.
STAGE 3	BEGINNER 2 SWIMMERS WILL DEVELOP SWIMMING ON THEIR FRONT AND BACK AS WELL AS SWIMMING OUT OF THEIR DEPTH. ROTATION SKILLS AND WATER SAFETY KNOWLEDGE WILL ALSO BE DEVELOPED.
STAGE 4	IMPROVER 1 SWIMMERS WILL FOCUS ON REFINING KICKING TECHNIQUES FOR ALL FOUR STROKES AND WILL DEVELOP AN UNDERSTANDING OF FRONT AND BACK ARM ACTIONS.
STAGE 5	IMPROVER 2 SWIMMERS WILL FOCUS ON SWIMMING ALL FOUR STROKES EFFICIENTLY. SWIMMERS WILL ALSO DEVELOP SKILLS IN SCULLING, TREADING WATER AND COMPLETE ROTATION.
STAGE 6	ADVANCED 1 SWIMMERS WILL FOCUS ON DEVELOPING EFFECTIVE SWIMMING SKILLS INCLUDING CO-ORDINATED BREATHING, WATER SAFETY AND AN UNDERSTANDING OF HOW TO PREPARE FOR EXERCISE.
STAGE 7	ADVANCED 2 SWIMMERS WILL DEVELOP QUALITY STROKE TECHNIQUE, DIVES, TURNS AND TRANSITIONS IN PREPARATION FOR PROGRESSION TO THE HAMILTON AQUATICS SQUAD PROGRAMME.