

## **BULLOCK BLUE PROGRAM**

Hello,

Thank you for your interest in swimming lessons at **Olympian Swimming** at our Bullock Location, Ontario's largest private learn-to-swim organization!

We are proud to offer the **OlymSwim Progression Program**, a dynamic 12 level program offering an individualized approach to instruction and teaching techniques.

Starting at age three, we offer **Beginner Lessons** (Level 1-3), introducing swimmers to the water in a safe and comfortable environment. Our Goal in this group is to promote independent swimming.

These classes are **30 min** in duration with a **4:1 ratio**

Our **Intermediate Lessons** (Levels 4-6) build on this independent swimming, teaching swimmers freestyle (3 cycle breathing), backstroke and Treading water. Our primary focus is to develop a strong foundation of kicking, body position and stroke length.

These classes are **45 min** in duration with a **4:1 ratio**

Our **Advanced Lessons** (level 7-12), now introduce the 4 competitive strokes (freestyle, backstroke, breaststroke, butterfly and treading). Our primary focus is to continue developing this strong foundation, enforcing proper technique in the 4 strokes, while challenging endurance levels.

These classes are **45 min** in duration with a **4:1 ratio**

\*\* All Levels (1-12) follow our exclusive **Progression Program**, whereby swimmers are challenged with skill sets, designed specifically for each level, to improve their competency in the water, both from a lifesaving and stroke technique point of view.

\*\* Our Beginner pool is maintained at a temperature of **92 degrees** and our intermediate/advance pool is maintained at **90 degrees**, ensuring a comfortable swimming experience for all.

Our classes are extremely flexible, with **no start dates**. This allows you to book lessons according to your schedule, based on availability, beginning at any time!!

<b>Monday – Friday</b>	<b>4:00pm-9:00pm</b>
<b>Saturday</b>	<b>8:00am-6:00pm</b>
<b>Sunday</b>	<b>8:00am-6:00pm</b>

If you have any questions, or you would like to register, feel free to call/email our office at any time.

905-471-8301

**bullock@olympianswimming.com**