

Why Us?

SLI are not your average, run-of-the-mill swimming school. We are glad to inform you that :-

- **Your child's safety is our first priority** - our teaching staff are qualified in water rescue, resuscitation and first aid.
- **We have a structured programme** - we are one of the few swim schools that have a structured programme, ensuring that your child will learn swimming techniques in a systematic way. Our programmes are based on the world renown Australian method of swimming.
- **Our instructors receive early childhood management training** - We are probably the only swimming school that provides early childhood management training to our coaches and caregivers so as to enable them to effectively and sensitively handle children.
- **Patience and fun are the cornerstones of our method** - we understand that children learn at different rates. We adopt a patient approach to teaching swimming which shows respect for and sensitivity towards their individual needs. Our lessons are designed to be fun for the kids.
- **Our coach-to-student ratio is very low** - we intentionally keep our classes small so as to ensure that your child will get proper attention.
- **We have programmes for students of all ages** - our programmes cater to children from as young as just 6 months old.
- **Certificates and Reports are issued for each progress level** - this gives your child a sense of achievement and enables parents to track the progress of your child's learning.
- **We provide caregivers for childcare centres** - we are the only swimming school to provide our childcare centres with caregivers to help childcare centre staff look after, bathe and dress the children. These caregivers are trained in first aid and early childhood management.
- **Our system motivates children to improve** - we use a combination of encouragement and a rewards system to motivate children to improve, to excellent effect!



SWIMMING LOCATIONS

The Admiral Country Club

345 Old Nelson Road, Singapore 758692
(Opposite Sembawang MRT Station)

The Arena Country Club

511 Upper Jurong Road, Singapore 638366
(Next to Joo Koon MRT Station)

Email: enquiries@sportslifestyle.com.sg

Website: www.sportslifestyle.com.sg

NEW JUNE/JULY CLASSES!

LEARN TO SWIM WITH THE EXPERT



Jennifer Stewart
Technical Director

The largest pool of early childhood trained Swimming Coaches in Singapore



Closing Dates for Sign-ups :
18 June for June Classes
2 July for July Classes
HOTLINE : 6100 0754

HURRY! Present the cut-out coupon to redeem your free gifts NOW!!

FREE Anti-fog Goggle, Swimming Cap, Kick Board,
Mesh Bag and T-shirt worth \$70

ONLY for first 50 Sign-ups!!

Our Programmes

We have programmes to suit the needs of individual children.



The Puffer Fish 1, 2 & 3 (Parent & Infant) (6 - 24 months old)

Babies under 6 months of age usually take naturally to water. At this stage, the coach uses fun and play methods to stimulate the baby's senses.



The Jellyfish 1, 2 and 3 (2 - 4 years old)*

Build a strong foundation of water safety and confidence in the students upon which they may progress to learn the techniques of the 4 main swimming strokes.



The Starfish 1, 2 and 3 (4 years and above)*

Students will be introduced to foundational water skills, such as bubble blowing, floating and stroke techniques of Frontcrawl and Backstroke.



The Otter 1, 2 and 3

Students will fine tune their Frontcrawl and Backstroke whilst learning Breaststroke and Dolphin kicking which is the basis for Butterfly, and thereafter proceed to NASSA Bronze.



The Dolphin 1, 2, and 3

Students will refine their techniques in Frontcrawl, Backstroke and Breaststroke, and learn the techniques for Butterfly. Core muscle strength and stamina is developed in anticipation of competitive swimming training, and thereafter, students will proceed to NASSA Silver.



The Sailfish 1 and 2

Full competency in all the main strokes will be attained with emphasis on proper techniques. Stroking drills are taught and competitive racing strategies imparted and thereafter, students will proceed to NASSA Gold and Goldstar.

* Water Confidence Course

Students with fear of water will be enrolled in this programme to help them overcome their fear through exciting and captivating games; students are gradually introduced to basic aquatic skills whilst building up their confidence in an aquatic environment.

Other Aquatic Program available

- NASSA Awards
- Life Savings Awards
- Aquapak (Junior Lifesavings program)
- Aqua Aerobics
- Adult swimming program
- Competitive swimming program
- Autistic and Special needs swimming program

What others say about Sports Lifestyle Initiatives Aquatics and Fitness Center

Coach Naomi :

Caitlin loves Naomi a lot. She has a great manner with children and has been able to guide my child along the path in learning to swim. Caitlin has made great leaps in capabilities and has done so in a kind and caring atmosphere.

Naomi is a top class coach. A+++

Kenneth Kavanagh (Father of Caitlin)

Coach Peggy :

Kyla used to fear water as much as a child fears darkness. However after only several sessions with Peggy, it is amazing to see how accustomed she has made herself with the instructor and of course, water. We see her confidence grow week after week and she even said she would want to swim like Princess Ariel!

Thank You Peggy for your patience and guidance!

Parent of Kyla

Head Coach Jimmy :

Jimmy has been teaching my son for half a term now. Jimmy is an extremely experienced coach. He instantly knew that my son had a fear of going underwater during the first lesson. With patience and skill, he taught my son to overcome his fear. When my son was absent for two weeks, Jimmy showed his concern by asking why my son was unable to attend class. Jimmy is a caring, kind and thoughtful.

Thank you, Jimmy, for taking my son to his next level of proficiency in swimming.

Patsy Poh (Mother of Malcolm Tan)

Coach Pang :

My son, Austin (3 yrs) has global development delay. Pang has been very patient with him although Austin tends not to follow instruction. I could see that Pang has put in a lot of effort in coaching Austin and Austin is very comfortable with him. Austin is now more confident and his attention span has increased a lot. He enjoys his lessons with Pang and is looking forward to his weekly lessons. I'm very thankful to Pang for his kindness and concern he had given to Austin.

Sat, Arena (Parent of Austin)

Coach Elson :

Elson is a patient and attentive coach. He is able to handle and communicate with children very well. He is also good in directing and correcting my child during the swimming lessons. My child's swimming skills have improved a lot since taking the swimming lessons.

Well done to the coach. Good job!

Robin Tan (Parent of Candace Tan)

Senior Coach Patrick :

Patrick is a senior coach and is very patient with all his students. Oscar loves his teaching and has shown great improvement since he started the lesson in February this year. I love the rapport that Patrick has been able to build with the children. I have seen other swimming schools, but none has yet to be comparable with the approach that SLI has taken. I like the environment and most importantly, the way all coaches treat their students.

Thumbs up for Patrick, for his good work and I must add a comment from Oscar, "I like Uncle Patrick!"

Jae Yee (Mother of Oscar)