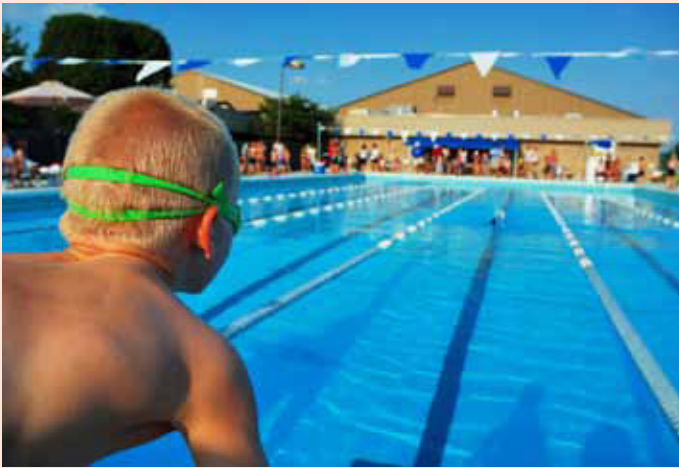


## PHILOSOPHY:

Over the years, Alyss Lange has been instructing hundreds of children and adults. It is understood that everyone who enters the water for his or her first lesson brings some fear or anxiety, her job starts here. She takes each individual and starts to build security and trust. The goal is to have each person enjoy and appreciate the water. Swimming is a gift that can be given to everyone. To achieve this goal, the "love and logic" method is used, developed by Jim Fay and David Funk. Relationships are built not only with the children, but also with the parents. With great patience and love the children develop trust and security within themselves, the instructor, and the water. By offering children choices, self-esteem is strengthened. Children can only be taught the knowledge; they must want to use it. Regardless of performance, your children have our unconditional respect and are treated with dignity.

## IMPORTANT:

Please remember that no child should ever be considered "water safe" or "drown-proof" regardless of swimming experience or ability. Children should never be left unattended around pools or open water.



It's never too late to learn how to swim. Private and semi-private lessons are available to all age groups.



"The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move."

- Aleksandr Popov



## SWIM BOCA

888.LRN.SWIM

888.576.7946

Alyss@SwimBoca.com

www.SwimBoca.com

## SWIM FACTS

- Babies less than one year old accept the water more readily than older children. Often they will go under water during their first lesson!
- Fear of water is acquired as children grow older.
- Drowning is the leading cause of death in children under 5 years of age.
- The increased strength that water babies develop often manifests itself in the early acquisition of other motor skills, such as standing and walking.
- Swimming improves the child's cardiovascular fitness. Water babies often sleep and eat better after exercise.
- Learning to swim is not only a healthy and fun activity... it could save a life!

Private and Semi-Private Swim Lessons



Boca Raton | Delray | Deerfield



For More Info  
and Availability:

888.LRN.SWIM

888.576.7946

For your convenience and your child's comfort, we offer lessons in the privacy of your own home pool in addition to lessons at our facility located near Glades and 95.

# 75% OF OUR PLANET IS WATER - CAN YOUR CHILD SWIM?



## Certifications

American Red Cross Water Safety Instructor (WSI)

American Swim Coach Association (Swim America)

Certified Infant Instructor

American Red Cross Lifeguard/First Aid

American Red Cross CPR/AED for the Professional Rescuer

American Council on Exercise Certified Personal Trainer

Arthritis Foundation Aquatic Program

Aquatic Resources Network

Adaptive Therapy and Adaptive Sports for Special Populations

American Association of People with Disabilities

Certified Pool Operator (CPO)

## Private

Dedicated One-On-One

20 MINUTE

1 Lesson \$30

6 Lessons\* \$165

12 Lessons\*\* \$300

30 MINUTE

1 Lesson \$40

6 Lessons\* \$230

12 Lessons\*\* \$420

## Semi-Private

Minimum of 3 Participants Grouped by Skill Level at Our Discretion

30 MINUTE

1 Lesson \$35

6 Lessons\* \$180

12 Lessons\*\* \$340

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 "It's a good idea to begin at the bottom in everything except in learning to swim."  
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Learning to swim is fun and successful when you make it a consistent priority in your child's week. Similar to piano or any acquired talent, learning to swim is a progression of skills that takes time to coordinate with your child's age, attitude, and ability. Our program is designed to encourage year-round swimming.

**Additional Services:** Open Water Training, Stroke Mechanics, Water Aerobics, Exercises for Arthritis.

**Terms:** Payment in full is due at the time of enrollment.

**Cancellation:** 24 hr Notice is Required. One (1) make-up lesson is allowed per session, any further cancellations will result in a forfeit of lesson.

**Payment:** Cash, Visa, Mastercard, Discover & Amex, Personal Check with Valid Driver's License

**Travel:** An additional fee may apply depending on location.

\*6 lessons MUST be used within 60 days

\*\*12 lessons MUST be used within 120 days

## Bio

Alyss was first introduced to the pool at 5 months of age and has been swimming ever since. Her first competition was at the age of two in her favorite stroke, Butterfly. At six she became Delaware State Champion and held numerous records.

In 1990, Alyss was asked to represent the Mid-Atlantic States of DE, MD, NJ, PA, and VA.

As a teen, Alyss was invited to Germantown Academy to swim for 6-time Olympic coach Richard Shoulberg. Her national ranking earned her a swimming scholarship to James Madison University where she graduated with a Bachelor of Science degree in Kinesiology and Therapeutic Recreation and a Sports Management Minor.

Since 1994, teaching swim lessons and lifeguarding has been a consistent and fulfilling part of Alyss's life.

While focusing on her swim school, Alyss still finds time to compete in Open Water events in the South Florida area.