SWIM CLASS
JAN-MAR 2022
Benefits of Swimming

- Helps manage stress
- Good sport for people with asthma
- Boosts your mood
- Builds endurance, muscle strength & cardiovascular fitness
- Improves your coordination, balance and posture
- Great activity for kids
- Tones muscles and builds strength
Babies starting 4 months

Kids group classes (all ages)

Intermediate/advanced swimmers

Private lesson (all ages)

Ladies only group classes

Aquagym group classes
Why Alliance Française

- Certified coaches with first aid qualifications and years of experience
- Socializing Hub in a friendly family environment
- Customized levels for all needs & Impeccable care for children
- French & English speaking coaches
- Private and Ladies only classes
- Objective based classes
- Fully equipped pool with fun water toys

Children's safety is our top priority!
4 months babies to 2 years, who need to get used to water

**1 PARENT REQUIRED IN THE POOL**

Kids starting 2 years that are still getting used to water & need to build confidence

**STARFISH LEVEL**

Kids from 4 years that just gained some confidence in water and can do minimal moves

**TURTLE LEVEL**

Kids that need to learn basic techniques and swim autonomously

**FROG LEVEL**

Kids that have some techniques and are ready to learn more professional ones

**POSEIDON LEVEL**

Kids that know swimming techniques and need to perfect them and learn more

**ADVANCED**

There's a level for everyone!
How we motivate kids

Alliance Française offers a swimming passport, a medal and a gift at every trimester of swimming.

The swimming passport helps to follow up on the level of the child with a score and listed techniques that the child have learnt during the level.

The coach ensures that the children use different equipments and toys during swimming. This helps children to stay motivated for swimming every single time.

Group swimming classes is an ideal way to encourage kids to socialize, to gain confidence in their skills all while having fun.
Fun in the sun!

Kids are courageous, especially in water! Group classes proposed by the alliance encourages them to pursue a fun adventure of learning swimming while socializing with 4 other kids.

**Total of kids per class: 5**  
(as per COVID-19 regulations)

*Watch your kid(s) unleash their potential with our swimming classes.*
Days & Timings

**Starfish 1**
- Fridays 11:30 AM
- Saturdays 8:30 AM
- Saturdays 9:30 AM
- Sundays 11:30 AM

**Starfish 2**
- Mondays 1:30 PM
- Wednesdays 1:30 PM
- Thursdays 4:30 PM
- Saturdays 10:30 AM
- Sundays 12:30 PM

**Shrimp**
- Mondays 2:30 PM
- Wednesdays 2:30 PM
- Thursdays 3:30 PM
- Fridays 3:30 PM
- Saturdays 11:30 AM
- Sundays 2:30 PM

**Frog**
- Tuesdays 3:30 PM
- Thursdays 5:30 PM
- Saturdays 3:30 PM
- Sundays 4:30 PM

**Turtle**
- Mondays 3:30 PM
- Tuesdays 2:30 PM
- Wednesdays 3:30 PM
- Fridays 5:30 PM
- Saturdays 12:30 PM
- Saturdays 4:30 PM
- Sundays 3:30 PM

**Poseidon**
- Mondays 5:30 PM
- Tuesdays 5:30 PM
- Fridays 4:30 PM
- Saturdays 1:30 PM
- Saturdays 6:30 PM
- Sundays 1:30 PM

**Dolphin**
- Mondays 4:30 PM
- Thursdays 6:30 PM
- Saturdays 2:30 PM
- Saturdays 5:30 AM
- Sundays 5:30 PM

**Advanced**
- Wednesdays 5:30 PM
- Sundays 6:30 PM
Aquagym

Alliance Française is proud to present water aerobics group classes for ladies.

Ladies can enjoy an intense body shaping workout with up to 100 exercises in the pool to the tunes of music.

Expected benefits after 10 courses of Aquagym:
- Tonified muscles
- A good posture and silhouette built
- Back pain eliminated

One hour class, 3 different days:

Tuesday 6:30 to 7:30
Wednesday 6:30 to 7:30
Friday 7:15 to 8:15
Rates

Babies/kids group classes

Standard
Once per week for 10 weeks = 850 AED

Package
Twice per week for 10 weeks = 1500 AED

Ladies group classes

Standard
Once per week for 10 weeks = 600 AED

Package
Twice per week for 10 weeks = 1000 AED

Membership

Be a member for only 250 AED only.

The membership grants you:
- 10% discount on all activities and classes of the AF.
- Access and borrow 10 books or DVDs for the whole family
- Discounts with our partners

Activities Registration:
150 AED for new clients.
(One payment is valid for all family members)
Hello ladies!

Who can say no to some girls time?

Come on in the pool at the Alliance Française and indulge yourself in a privatized and exquisite atmosphere with our ladies only classes every Sunday at 10:30 AM, or every Thursday at 7:30 PM.

Your wish is our command! Your privacy, safety and comfort come first.

Say goodbye to stress and discomfort!

Standard

Once per week for 10 weeks = 600 AED

Package

Twice per week for 10 weeks = 1000 AED
A private time!

Sometimes, a little comfort is all you need!

With our private swimming classes, you can enjoy a fruitful learning experience with an all equipped swimming pool to your liking.

Choose the instructor of your preference (male or female), and the package that's most suitable to your needs and let's get swimming!

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Get in touch!

Have any questions?
Contact us via phone or email!

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