

## **Why FIRST JUMP IS THE BEST CHOICE FOR YOUR CHILD**

1. **Truly indoor above ground pool with warm water** – With our truly indoor warm water pool you do not have to worry about Sun Burn or Rain or Cold. Your child will enjoy swimming in all seasons as the experience of swimming will be same in all weather conditions. Water temperature is maintained between 32 to 34 degrees Celsius. Hot and Cold water available in shower too.
2. **Small class size and relax Ambiance** – We have maximum 4 to 5 swimmers per coach in class. As we teach professional swimming strokes and techniques, we maintain small class size. There are two classes conducted in pool at same time with max 10 students and 2 coaches. Due to small class and indoor pool, we have less crowd and students can enjoy relaxed ambiance
3. **Unique Programs and Expert Teaches** – Our programs are designed as per the age group. We maintain progress reports internally for each student to track and improve their strengths and weaknesses.  
Our coaches are well experienced and certified as trainers. We conduct internal assessments of students progress and also provide certificate at the end of 40 lessons.
4. **High Hygiene Standard** – As we have above ground indoor pool, we are less exposed to dust and outside elements. We use UV technology to disinfect the water as a result we can maintain optimum levels of Chlorine in water. Due to control on maximum number of people getting into pool every day we can also maintain water PH level to the optimum value.

## FLEXI COACHING PLANS

Approximately 95% children learn swimming in 40 to 45 classes who are between 5 and 12 years of age. Above 12 years we recommend minimum 30 classes for beginners.

Flexi plan is a customize plan for each member. You can buy Flexi plan and set the frequency of classes you want per week. Once you have selected the days and time, you need to attend class on same days of week and time for rest of the weeks as per plan validity. Within your plan validity period you can reschedule classes with 24 hours prior notice via WhatsApp message to office number. Rescheduling is subject to availability of free time slots and confirmation from office.

### Most popular plans

#### FLEXI CLASSIC 40

- Suitable for beginners between 4 and 12 years of age
- This plan comes with 40 classes and FOUR months validity
- Cover One swimming stroke and stroke correction
- Maintain confidence in the water.
- Build skills and coordination

Plan Name	Duration	Min Freq/ week	No of Classes	Validity	MRP (Inc Taxes)	Offer Price (Inc Taxes)
<b>Flexi_Classic_40</b>	3 Months	3 Days	40	4 Months	16000	<b>14000</b>

#### FLEXI BASIC 30

- Suitable for Adult and Young Adults beginners
- This plan comes with 30 classes and THREE months validity
- Cover One swimming stroke for those who are above 12 years of age

Plan Name	Duration	Min Freq/ week	No of Classes	Validity	MRP (Inc Taxes)	Offer Price (Inc Taxes)
<b>Flexi_Basic_30</b>	10 Weeks	3 Days	30	3 Months	12000	<b>10800</b>

## **FLEXI GOLD 120 (Yearly)**

- This plan comes with 120 classes and 1 year validity
- Cover all four swimming strokes
- Build a strong immune system through year-round swimming
- Make adults and children more resilient to stress and illness
- It helps progress and fast track your results
- **10% bonus classes if you consume 120 classes in 10 months**

Plan Name	Duration	Min Freq/ week	No of Classes	Validity	MRP (Inc Taxes)	Offer Price (Inc Taxes)
Flexi_Gold_120	10 Months	3 Days	120	1 Year	39000	33600

## **FLEXI PREMIUM 60 (Half Yearly)**

- This plan comes with 60 classes and SIX months validity
- Cover two swimming strokes
- Improve fitness and immune system through regular swimming

Plan Name	Duration	Min Freq/ week	No of Classes	Validity	MRP (Inc Taxes)	Offer Price (Inc Taxes)
Flexi_Premium_60	5 Months	3 Days	60	6 Months	22500	19500

## FLEXI Weekend 20

- Suitable for those who wants to learn additional swimming strokes
- Comes with 20 classes and THREE months validity

Plan Name	Duration	Min Freq/ week	No of Classes	Validity	MRP (Inc Taxes)	Offer Price (Inc Taxes)
<b>Flexi_Weekend_20</b>	10 Weeks	2 Days	20	3 Months	10000	<b>8000</b>

### Important Rules and Regulations for Flexi plans

1. Sessions will be offered by Academy as per the selected plan and members are responsible to attend the sessions at agreed dates/time as per the plan
2. If you are unable to attend the session you must inform office via phone, 24 hours in advance and alternate session will be offered
3. Maximum of 4 sessions will be offered against 40 sessions plan for missed sessions
4. If you do not inform Academy and miss the class then no refund or alternate session will be offered
5. If you wish to cancel the admission within one week from your first session, full refund will be provided except for the classes we have offered till the date of cancellation
6. No refund or cancellation will be given after one week from your first session offered
7. Members are responsible for their belongings during entire time they are in premises
8. Only one of the Parent/Relative is allowed at pool during sessions
9. For Children under 12 years of age, one adult attendant must be present during the class
10. Certificate will be given after completing minimum of 40 classes

## SUMMER COACHING PLAN

Frequency	6 Days in a week, Tuesday to Sunday
Duration	4 weeks
Number of Classes	24
Discounted Price	6600/- (including Taxes)
Age group	5 years to 12 years

### Important Rules and Regulations for Summer Plan

1. Summer plans, also called crash course are special plans offered between 15<sup>th</sup> March and 15<sup>th</sup> June
2. Suitable to learn additional strokes
3. Beginners may need to repeat the plan to complete the stroke.
4. Frequency of the classes is 6 days a week and not adjustable.
5. Batch time can not be changed once allocated.
6. Plan is offered for fixed duration of 4 weeks
7. No refund will be provided for this plan
8. Max swimmers to coach ratio is 6:1 for this plan
9. Alternate sessions are not provided in this plan
10. Minimum completed age for this plan is 5 years and max age is 12 years
11. Members are responsible for their belongings during entire time they are in premises
12. Only one of the Parent/Relative is allowed at pool during sessions
13. One adult attendant must be present during the class

## **MOM / DAD AND TODDLER PLAN**

We offer Mom/Toddler and Dad/Toddler programs. One of the parents must accompany baby in the pool. Classes are conducted twice a week on Wednesday 11 to 11:45am and Friday 11 to 11:45am. Coaches will spend time with Babies while engaging them in fun activities with water toys etc. Then babies are taught kicking and breathing skills and submerging skill.

Frequency	2 Days in a week
Duration	6 weeks
Number of Classes	12
Discounted Price	5400/- (including GST)
Age group	Under 4 years
Plan validity	3 Months

Rules for Mom/Dad Toddler plan

- Swimming Diaper is compulsory for Babies under 3 years
- One of the Parent/Adult must accompany Baby in pool
- Person accompanying baby not allowed to swim
- Person accompanying baby must wear swimming costume and cap

## **SWIM ONLY MEMBERSHIP PLAN**

Plan Name	Duration	Frequency	Time	MRP (Inc GST)	Offer Price (Inc GST)
<b>SWIM_ONLY</b>	1 Month	6 Days	6:00am to 6:45am	5000	3500
<b>SWIM_ONLY</b>	3 Month	6 Days	6:00am to 6:45am	10000	8000
<b>SWIM_ONLY</b>	6 Months	6 Days	6:00am to 6:45am	15000	12000
<b>SWIM_ONLY</b>	1 Year	6 Days	6:00am to 6:45am	25000	20000

Rules for swim only plan

- Swim only plans are for above 12 years age
- You should know swimming to enrol in this plan

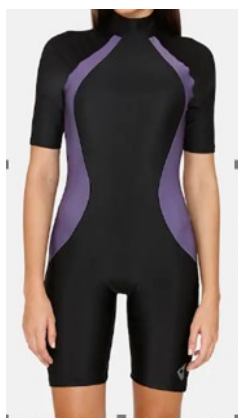
## Time Table for Classes

No	Start time	End time	Batch Type	Description
1	06:00	06:45	Swim Only	For swim only members, no coaching
2	07:00	07:45	Mixed Batch	Coaching for Gents / Ladies above 5 years. Suitable for family
3	07:45	08:30	Mixed Batch	Coaching for Gents / Ladies above 5 years. Suitable for family
4	08:30	09:15	Kids/Summer	Coaching for Children between 5 years to 12 years
5	09:15	10:00	Kids	Coaching for Children between 5 years to 12 years
6	10:00	10:45	Kids	Coaching for Children between 5 years to 12 years
7	11:00	11:45	Mom/Toddler	Mom Toddler, above 6 months Babies to 3 years
8	12:00	12:45	Kids	Coaching for Children between 5 years to 12 years
9	12:45	01:30	Special/Summer	One to One classes for special children
10	14:00	14:45	Ladies batch	Coaching for Ladies and Girls from 5 years
11	15:00	15:45	Kids	Coaching for Children between 5 years to 12 years
12	15:45	16:30	Kids	Coaching for Children between 5 years to 12 years
13	16:30	17:15	Kids/Summer	Coaching for Children between 5 years to 12 years
14	17:15	18:00	Kids	Coaching for Children between 5 years to 14 years
15	18:00	18:45	Kids	Coaching for Children between 5 years to 14 years
16	19:00	19:45	Ladies batch	Coaching for Ladies and Girls from 5 years
17	20:00	20:45	Mixed Batch	Coaching for Gents / Ladies above 5 years. Suitable for family
18	20:45	21:30	Mixed /Summer	Coaching for Gents / Ladies above 5 years. Suitable for family

## Pool Specification

Length	15 meters
Width	6 meters
Depth at shallow end	3 feet 6 inches
Depth at deep end	4 feet 6 inches

### Recommended costumes for ladies



### Recommended costumes for Men

