

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 5 to 6 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 12 students and 2 coaches (* exception summer batches). Due to small class and indoor pool, we have less crowd and students can enjoy relaxed ambiance
3. **Unique Programs and Expert Teachers** – 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 student's progress and 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 5 and 12 years old. Above 12 years we recommend minimum 30 classes for beginners. We maintain ratio of 5 to 6 swimmers per coach for flexi plan. 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	Classes	Validity	MRP (Inc. 18% GST)	Offer Price (Inc. 18% GST)	
Flexi_Classic_40	3 Months	3 Days	40	4 Months	18000	Price	12712
						CGST	1144
						SGST	1144
						Total	15000

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	Classes	Validity	MRP (Inc. 18% GST)	Offer Price (Inc. 18% GST)	
Flexi_Basic_30	10 Weeks	3 Days	30	3 Months	13500	Price	10170
						CGST	915
						SGST	915
						Total	12000

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	Classes	Validity	MRP (Inc. 18% GST)	Offer Price (Inc. 18% GST)	
Flexi_Gold_120	10 Months	3 Days	120	1 Year	42000	Price	31271
						CGST	2814
						SGST	2814
						Total	36900

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	Classes	Validity	MRP (Inc. 18% GST)	Offer Price (Inc. 18% GST)	
Flexi_Premium_60	5 Months	3 Days	60	6 Months	24000	Price	18220
						CGST	1640
						SGST	1640
						Total	21500

Personal Training

- Suitable for children with special needs
- Comes with 20 classes and THREE months validity
- Offers dedicated trainer for 45 minutes class

Plan Name	Duration	Min Freq/ week	Classes	Validity	MRP (Inc. 18% GST)	Offer Price (Inc. 18% GST)	
PT	10 Weeks	2 Days	20	3 Months	18000	Price	13220
						CGST	1190
						SGST	1190
						Total	15600

Important Rules and Regulations for Flexi plans

1. Classes will be offered by Academy as per the selected plan and members are responsible to attend the classes at agreed dates/time as per the plan.
2. **We count classes offered by us, if you are unable to attend the class you must reschedule your class 24 hours in advance via phone / app / portal or WhatsApp message to office number.**
3. **If you do not reschedule your class and miss the class then alternate class will not be offered.**
4. Each plan comes with validity date, members must complete the plan within validity period.
5. Maximum 25% classes can be rescheduled for any plan.
6. If you wish to cancel the admission within one week from your first session, refund will be provided after necessary deductions (offered classes, GST, Card charges etc) as per refund policy.
7. **No refund or cancellation will be given after one week from your first session offered.**
8. Members are responsible for their belongings during entire time they are in premises.
9. In case of improper/abusive behaviour with office staff or coaches, we reserve rights to terminate your membership with or without refund.
10. Only one of the Parent/Relative is allowed at pool during classes and must follow pool rules.
11. For Children under 12 years of age, one adult attendant must be present during the class.
12. 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	7500/- (6356 + 1144 GST)
Age group	6 years to 12 years

Important Rules and Regulations for Summer Plan

1. Summer plans, also called crash course are special plans offered between 15th March and 15th 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 reschedule or Batch time change is not possible in this plan.**
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 7:1 for this plan
9. Alternate sessions are not provided in this plan
10. Members are responsible for their belongings during entire time they are in premises
11. Only one of the Parent/Relative is allowed at pool during sessions

MOM / DAD AND TODDLER PLAN

We offer Mom or Dad/Toddler programs. Under this program, one of the parents must accompany baby in the pool. Classes are conducted on Saturdays and Sundays from 11:00am 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.

Min. Frequency	2 Days in a week
Duration	10 weeks
Number of Classes	20
Discounted Price	12000/- (10170 + 1830 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 ware swimming costume and cap

SWIM ONLY MEMBERSHIP PLAN

Plan Name	Duration	Frequency	Time	MRP (Inc GST)	Offer Price (Inc GST)
SWIM_ONLY	1 Month	6 Days	5:30am to 6:15am OR 6:15am to 7:00am	5000	4200 (3559 + 641 GST)
SWIM_ONLY	3 Month	6 Days		12000	9500 (8051+ 1449 GST)
SWIM_ONLY	6 Months	6 Days		18000	14200 (12034+2166 GST)
SWIM_ONLY	1 Year	6 Days		28000	23600 (20000 + 3600 GST)

Rules for swim only plan

- Swim only plans are for above 15 years age
- You should know swimming to enrol in this plan

Time Table for Classes

No	Start time	End time	Batch Type	Description
1	5:30 06:15	06:15 07:00	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 / Mixed	Coaching for Children between 5 years to 12 years
5	09:15	10:00	Kids/Summer	Coaching for Children between 5 years to 12 years
6	10:00	10:45	Kids/Summer	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 class 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/Summer	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	Coaching for Gents / Ladies above 5 years. Suitable for family

Pool Specification

Length	15 meters
Width	6 meters
Depth at shallow end	3 feet 9 inches
Depth at deep end	4 feet 6 inches

Recommended costumes for ladies



Recommended costumes for Men

