

19.-26.05.2023.

SWIMMING SCHOOL for your little ones

**INOOR POOLS
HOTEL PINIJA**

Do you want your little ones to learn to swim in a safe and fun way? For our little guests, we organize a swimming school under the guidance of experienced instructors from May 19th to May 26th, 2023. The recommendation for a swimming school is 5 days, every day for 60 minutes in our indoor pool.

The program includes:

SWIMMING SCHOOL

Age: 4-12 years

Group: 8 children

Duration: 5 days of 60 min



Before the very beginning, the trainer will check the initial condition or acquired skills, so that he can approach each child in an adequate way. Through the obtained results, children will be divided into several groups in order to enable each individual to progress depending on their knowledge.



CONTENT:

- ✓ Getting used to the water exercises
- ✓ Breathing exercises
- ✓ Diving and watching under water exercises
- ✓ Skating exercises
- ✓ Floating exercises
- ✓ Exercises for movements in the water
- ✓ Swimming with your technique
- ✓ Exercises for jumping into the water on the legs and head
- ✓ Safety exercises
- ✓ Exercises on dry land

*The content of the lesson is tailored to each participant and the trainer approaches individually depending on the established skills.