

Swim Lesson schedules 2018

PADI Swim program for 2018 is now available!



Group and private swimming lessons, swim fit, Starguard Lifeguard training

EMAIL US at swim@divemahara.com

Note: timings and schedules may vary slightly, please contact our swim director to re-confirm the schedule and locations.

As more dates and timings become available, we will be posting them on the website. Registration is required for all classes to avoid disappointment.



Each class is thirty minutes long and each session consists of 8 lessons (unless they are private lessons)

Timings: please see scheduled timings or contact us for private lessons

Session Fees: there is a annual membership fee Dhs150 (welcome pack, swim cap and t-shirt is provided)

Group lessons: Dhs680 per person (8 sessions, duration 30 minutes) plus 5%VAT

Private lessons: 1500dhs-2000Dhs per person (10 sessions, duration 30minutes) plus 5%VAT

VIP Private lessons: Dhs2500 per person (10 sessions), duration 30minutes)

Swim Fit: Dhs680 per person (8 sessions) or Dhs750 per month (monthly pass) for unlimited sessions during that month

Inclusive: badge awards from Starfish Aquatics, personal record booklet to track your progress, information leaflets on water safety

Locations:

Westin Hotel Golf and Spa or your preferred designated location

4:30pm-5:00pm Pre-school beginners

5:00pm-5:30pm Children beginners

5:30pm-6:00pm Children Intermediate

Cost: Dhs700 for 8 session group lessons

(small group sizes)

Drop in sessions available

Private lessons for children and adult available

About our award winning programs

Starfish Swim School® Pre-school (Ages 3 – 5)

Designed to meet the needs of preschoolers, this course will develop a high comfort level in the water, a readiness to swim, and for those children who are developmentally ready, teach beginning swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward development of the five core swimming competencies and receive color level patches for each achievement. Children progress at their own pace in a small group setting.

Starfish Swim School® Elementary (Ages 6 – 8)

Students work toward development of the five core swimming competencies and receive color level patches for each achievement. The color levels are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging. 5 year olds at Level Red or above may enroll.

Private Lessons (Ages 3-adult)

These classes offer individual attention to meet the needs of the student. They can be a great way to supplement group lessons for extra help on problem areas, or schedule them at your leisure in lieu of group lessons. *For scheduling a private lesson please contact the instructor directly

[Kids Swim Fit Program \(Ages 6 years and above\)](#)

This program allows for swimmers to prepare for competition and train using methods to optimize swimming training in competitive swimming, Our instructors have national level training experience and some are former national swimmers. Swimmers will have tailored swim workouts with focuses on competitive stroke efficiency, turns, short distance and long distance (endurance and stamina) it is also a great program for people who want to keep fit as a sport. Please click on link for more details.

[Adult Swim Fit Program \(16 years and above\)](#)

This program allows for adult swimmers to master the competitive strokes and train using methods to optimize swimming training in competitive swimming or to keep fit. Our instructors have national level training and some are national level swimmers. Swimmers will be have tailored swim workouts with focuses on competitive stroke efficiency, turns, endurance and stamina. Its the perfect way to stay fit and healthy. Please click on link for more details.

Adult Lessons

Its never too late to learn to swim whether you are 20 years old or 60 years old. It is a lifestyle skill that everyone should learn. We have a great program developed for the adult learner for all levels from non swimmers to triathletes. Leaarn the basic four swimming styles including frontcrawl, backcrawl, butterfly and breaststroke and water safety skills for water survival and treading water.

Angelfish Swimming® (Ages 3-older)

A program designed where techniques that emphasize swimming skills which are modified or adapted to accommodate individual abilities. Instructors are specifically certified to teach students who may require specific instruction. *For scheduling needs please contact the instructor directly

Star Babies and Star Tots Programs (6months to 36months)

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course doesn't teach children to become accomplished swimmers or to survive in the water; it does provide a confidence- building, fun, and loving experience. Parents and child care takers are encouraged to be in water with the baby or toddler. It's a great way for moms and dads to have great fun and learn how to work with the young water stars.

**Starguard
Lifeguard Certification program (Minimum age: 16 years old)**

When it comes to Aquatic Safety, one thing matters - the quality of your lifeguard training program. The StarGuard program is a comprehensive lifeguard training program designed to meet the water safety needs of all our clients. StarGuard promotes objective-driven and performance-based training those results in more confident and competent lifeguards for the aquatic facility. We also provide in-services to those facilities who require regular assessment and on-going training. Please email us at

swim@divemahara.com

for training dates and details.

We look forward to ensuring children and adults develop good swimming and water safety skills..

Happy and safe swimming!

Al Mahara Dive, Swim and Kayak Team

Email: swim@divemahara.com or call Dominic (instructors) +971 50 150 3875

4pm
4:30pm
5pm
5:30pm