



"A truly American-run program where long-term success is prioritized over short-term gains."

## FAQs

Welcome to FSBLA! Our goal is to provide Top Swimming Training at the Premier Club Facility in Bangkok at a reasonable price.

### *INDOOR POOL?*

YES, our indoor, heated, 25m x 6 lane pool will give your children the ability to train year-round in comfortable surroundings with student only changing rooms. It is not a public facility

### *WHAT IS YOUR SPECIALTY?*

FSBLA will specialize in Upper Level Learn-To-Swim as well as Competitive Training from First-Timers to Senior National Level swimmers. The 2 lower-level competitive groups will have 4 opportunities to train each week while the top-4 Upper-Level groups have the opportunity to swim 6-7 times per week.

### *PRICE?*

600 Baht per session with a cap at 1800 Baht Per Week/Per Swimmer.

FSBLA's pricing structure aims to 1. Be affordable and 2. Offer top-swimmers the opportunity to increase their training at a price ceiling of 3 sessions per week. For Upper- Level Competitive Groups, swimmers can swim 6-7 times per week for the price of 3.

### *SWIM MEETS?*

FSBLA will attend International School and TAA (Thailand Aquatics Association) competitions in Bangkok as well as Open competitions in Thailand and Internationally.

### *NOT READY FOR FSBLA?*

Children not yet in Upper Level Learn-To-Swim are invited to join classes provided through LETS ASIA in the FSBLA pool or the 15m covered pool on The First Steps Bangkok campus. All levels of instruction in 1 location!

We hope that you will find the facilities, coaching, friendly atmosphere and competitive pricing to your liking and hope you will join us.

## **Development Groups**

Red	Can swim 50m free, back, breast/25m fly. Maturity to handle 1 hour 4 advanced drills per stroke
Blue	Introduction of Aerobic Sets up to 400m. All Legal strokes 4 advanced drills per stroke

## **Performance Groups**

Bronze Performance	Experienced competitor. Maturity to handle 1.5-hour training and aerobic sets up to 800m 50m free under :50 4 Advanced performance drills per stroke
Silver Performance	Has competed outside of Club Meets Maturity to handle 2500m+ / 1.5 hour sessions Aerobic sets up to 1200m 50m free under :43. 100 IM under 1:55 4 Advanced performance drills per stroke
Gold Performance	Maturity to handle 3000m+ / 1.5 hour sessions Can swim 6 x 100's @ 1:50 Under 37 in 50m free. 100 IM under 1:40 3x per week minimum. Can be combined with some school programs. 4 Advanced performance drills per stroke
Senior Performance	Maturity to handle 4000m+ / 1.5 hour sessions Can swim 6 x 100's @ 1:30 100 Free under 1:07. 200 IM under 3:00 3x per week minimum. Can be combined with some school programs. 4 Advanced performance drills per stroke