



*“ FSBLA is an age-group coaching program, **where skill and enjoyment take precedence over time.***

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Dear Parents,

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

Our indoor, heated, 25m x 6 lane pool will give your children the ability to train year-round in comfortable surroundings with private changing rooms.

*FSBLA* will specialize in Upper Level Learn-To-Swim as well as Competitive Training from First-Timers – 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.

Children not yet in Upper Level Learn-To-Swim are invited to join classes provided through Lets Asia in the 25m, indoor pool or at their covered pool on The First Steps Bangkok campus. All levels of instruction in 1 location!

*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.

*FSBLA* is also offering a Term 2 Promotion of 500 Baht Per Session, capped at 1500 Baht Per Week/Per Swimmer. After Songkran the price will be 600 Baht with a cap at 1800 Baht Per Week/Per Swimmer.

*FSBLA* will offer More Club Meets with Great Awards, invite more competitive clubs and even put on our own multi-club/school meets in the future.

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

Sincerely,

*FSBLA*

**Learn To Swim Groups**



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## **Pre-Comp**

Beginners training for competitions – working on all strokes turn, dives, rules etc.

## **Development Groups**

|      |   |
|------|---|
| Red  | Can swim 50m free, back, breast/25m fly.<br>Maturity to handle 1 hour<br>4 advanced drills per stroke |
| Blue | Introduction of Aerobic Sets up to 100m. Legal strokes<br>4 advanced drills per stroke                |

## **Performance Groups**

|                    |  |
|--------------------|--|
| Bronze Performance | Has competed in Club Meets. Maturity to handle 1.5-hour training<br>50m free under :50<br>4 Advanced performance drills per stroke   |
| Silver Performance | Has competed outside of Club Meets<br>Maturity to handle more intensive training<br>50m free under :43. 100 IM under 1:55<br>4 Advanced performance drills per stroke  |
| Gold Performance   | Maturity to handle 3000m+ / 1.5 hour sessions<br>Can swim 6 x 100's @ 2:00<br>Under 37 in 50m free. 100 IM under 1:40<br>3x per week minimum. Can be combined with some school programs.<br>4 Advanced performance drills per stroke |
| Senior Performance | Maturity to handle 4000m+ / 1.5 hour sessions<br>Can swim 6 x 100's @ 1:30<br>100 Free under 1:07. 200 IM under<br>3x per week minimum. Can be combined with some school programs.<br>4 Advanced performance drills per stroke       |