

#### Swimming Benefits:

- Swimming improves cardiovascular health, strengthens muscles, and reduces stress.

#### Best Swimming Programs:

- Our programs are tailored to different age groups and abilities, including kids, adults, and specialized programs.

#### Aquasprint Academy Details:

- Aquasprint Swimming Academy
- Location: The Sustainable City, Dubai
- Hours: Every day 6:00 AM - 10:00 PM
- Phone: +971542502761
- Email: info@aquasprint.ae

#### Program Details:

##### Kids Program (4-14 years):

- 8 levels available
- Each level: 8 classes
- Available as group or private classes
- Focus on water safety and confidence
- Professional ASCA certified coaches
- Location: The Sustainable City, Dubai

##### Adults Program (14+ years):

- 8 progressive levels
- Each level: 8 classes
- Group or private classes available
- Customized to your goals
- Focus on technique and fitness
- Location: The Sustainable City, Dubai

##### Ladies-Only Aqua Fitness:

- Exclusive women-only environment
- Group classes available
- Low-impact full-body workout
- Focus on fitness and well-being
- Professional female instructors
- Location: The Sustainable City, Dubai

##### Baby & Toddler Program:

- Safe water introduction
- Parent-child bonding
- Certified infant swimming instructors
- Focus on water familiarity
- Fun and engaging activities
- Location: The Sustainable City, Dubai

##### Special Needs Program (4-14 years):

- Specialized coaching
- 8 adaptive levels
- Individual attention
- Trained special needs instructors

- Safe and supportive environment
- Location: The Sustainable City, Dubai