

February 1, 2018

To Whom it May Concern:

I'm writing this as a letter of recommendation for Flipkick Swim Academy.

My family joined Flipkick in May of 2014, when my oldest was 2.5 years and my youngest was 8 months. We have continued weekly year-round swimming lessons since that time.

I originally heard about Flipkick through a friend and around the same time also watched a segment on the Today show about baby and toddler survival swimming. We don't have our own pool, but of course for all parents, being around the water with little ones is stressful to say the least. Seeing this ability for babies to swim as young as six months was intriguing, although I can't say I was completely sold prior to signing up for lessons. However, I heard such positive testimonies from other parents about Flipkick and its founder, Kona Morren, that I decided we should try it.

The format of the lessons was interesting, I didn't quite understand how you could teach a baby to swim with 10 minute lessons. The program pretty quickly proved itself valid, seeing results not only in my 2 year old but also in my baby literally within the first few lessons. It became their natural inclination to turn, float and put their face out of the water. It was an incredible and fast transformation. It was also very apparent that consistently keeping the girls in lesson on a weekly basis was beneficial. After the initial survival techniques, the girls learned to turn and swim to the steps or the ledge. From there, the training has continued. My 6 year old can do four strokes remarkably well for her age and has already completed three pre-competitive meets with these strokes. My 4 year old is a confident swimmer, who at 2 years old was already jumping off diving boards, and has recently started to stroke training as well.

There's really not a specific end to what can be done with these lessons, it's been amazing to watch how far my girls have come and how comfortable they are in the water, even compared to peers their own ages or older. When other parents watch my girls in the water, they always ask where they take lessons, so I've given many recommendations to other parents as well.

We have worked mostly with Kona over the years, but my girls have enjoyed every other instructor they've worked with as well. Every lesson is consistent and professional, but also fun. Kona keeps communication open for any schedule changes or other questions you may have about the lessons and has been great about accommodating our own schedule changes so that our children can continue lessons.

Although these lessons, or any swim lessons, are not a substitute for constant parental supervision around water, these lessons gave me a peace of mind that my children would know what to do if they ended up in the water unaccompanied for those precious moments until I could get to them. I truly believe in the technique and process Kona follows to teach these young children to swim, as my children are proof of how effective it is.

I'm more than happy to answer any questions you have about my experiences with Flipkick and Kona. I can be reached at the contact information below.

Sincerely,

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