

February 8, 2018

To Whom It May Concern:

I cannot recommend FlipKick Swim Academy highly enough. We have been with the Flipkick family for about 4½ years. We started initially because I saw a video on facebook of a baby swimming, and I thought it was really cool. I did some research and found Kona's program at our local dive shop. My daughter was 13 months old when she started. She began with 4 times per week and progressed quickly through the program. Her initial lessons lasted about 6 weeks. We felt more confident taking her to our community pool in just a few short weeks. She actually fell in the community pool, at the deep end, not too long into her lessons. We remained calm and she did exactly what she was supposed to, she flipped and floated on her back. Amazing!!! We constantly had other parents asking us about the program and if they could video her. Fast forward a few years later, with twice weekly lessons, and our 4 year old (now 5½) swimming freestyle, backstroke, and intro into butterfly and breaststroke. She loves the water and is confident enough to be able to jump off the diving board and swim the length of the pool.

We didn't have a pool when we first began lessons, but we have since moved into a house with a pool. When we had our son in 2015, I knew that he would be starting with Flipkick much sooner than our daughter did. We started him around 8 months, even though he could have started much earlier. His lessons were in two phases because he wasn't walking yet, but he progressed just as quickly as his sister. He loves the pool and will willingly jump in and demand that he swim laps during his lessons. He too is very confident around water and we love that this program has equipped our children with an important life skill. It also made bath times that much easier. He is 2½ now and still swimming twice weekly.

I feel that every child should know how to swim, but more importantly, know how to breathe. So many of the programs in the area claim to teach children to swim at a young age. That's great, but do they know how to breathe? The most common answer is no. They have no idea what to do when they run out of air, but haven't reached the wall. It takes less than a minute for that to become tragic. Flipkick teaches children to breathe! This is a big selling point of the program for me. What good is knowing how to swim, if you get to the middle and need a coach or parent to keep you from drowning?

We have become friends with many of the families that have gone through the program. I have heard heartbreaking and heartwarming stories. One family we met during our early stages was there because she had lost a child to drowning at just 3 years old, and she was determined to not let her other children have the same fate. Another family, that was already in the program, had just moved into a new house and couldn't find their 2 year old. After looking through the house and in the front yard, they heard splashing from the back. They ran to the back and he was in the pool. Because of his survival swim lessons with Flipkick, he was floating and kicking

to the steps, just as he had been taught. There are many other success stories out there and I believe Flipkick would be a great asset to your fitness club. This is a valuable life skill that all children should have access to. This is a very important layer of protection to “drown proof” our children. Flipkick is also a family and many families have multiple children in the program and stay with the program for years, just as we have.

Thank you,
Shannon McGee-Vanderhule