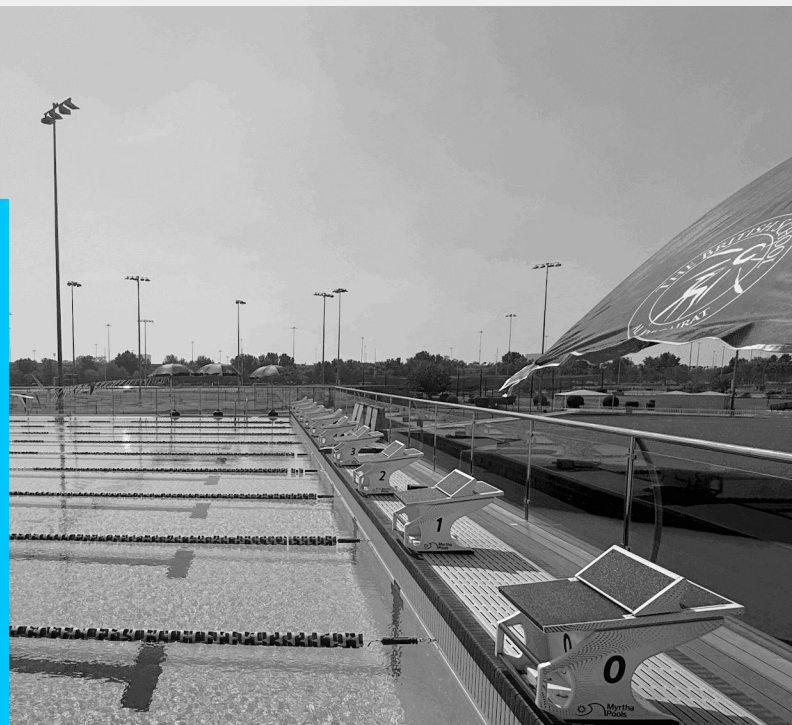




OUR PROGRAMS

2024-2025



WELCOME TO STORM

WELCOME TO STORM SWIMMING ACADEMY, ABU DHABI'S LEADING SWIM ACADEMY, WHERE EXCELLENCE, PASSION, AND INNOVATION IN SWIMMING COME TOGETHER. WE ARE DEDICATED TO NURTURING SWIMMERS, BUILDING CONFIDENCE, AND INSPIRING A LIFELONG LOVE FOR THE WATER THROUGH HIGH-QUALITY PROGRAMS DESIGNED FOR ALL AGES AND ABILITIES.

HOME TO SUB-BRANDS LIKE SWIM STORM X, WE PROVIDE WORLD-CLASS TRAINING LED BY INTERNATIONALLY CERTIFIED COACHES. FROM BEGINNER LEARN-TO-SWIM PROGRAMS TO ELITE-LEVEL SQUADS, OUR MISSION IS TO CREATE CONFIDENT SWIMMERS AND CHAMPIONS IN A SAFE, INCLUSIVE, AND ENGAGING ENVIRONMENT.

STORM SWIMMING ACADEMY ALSO OFFERS EXPERTISE IN ORGANIZING SWIMMING EVENTS, INCLUDING COMPETITIONS, WATER SAFETY COURSES, AND COMMUNITY ENGAGEMENT INITIATIVES. WHETHER IT'S A SCHOOL LEAGUE OR A LARGE-SCALE ACTIVATION, OUR TEAM DELIVERS PROFESSIONAL, IMPACTFUL EXPERIENCES TAILORED TO YOUR NEEDS.



A WORD FROM OUR FOUNDER

'AT STORM ACADEMY, OUR MISSION IS TO INSPIRE, EMPOWER, AND BUILD CHAMPIONS—BOTH IN SPORTS AND IN LIFE. WE BELIEVE IN THE TRANSFORMATIVE POWER OF SPORTS TO SHAPE CHARACTER, INSTILL CONFIDENCE, AND FOSTER RESILIENCE.

THROUGH OUR DIVERSE PROGRAMS AND COMMUNITY INITIATIVES, WE AIM TO CREATE OPPORTUNITIES, NURTURE TALENT, AND MAKE A POSITIVE, LASTING IMPACT ON INDIVIDUALS AND THE COMMUNITIES WE SERVE.'

JOIN US AS AN ATHLETE, PARENT, OR PARTNER, AND BE PART OF A DYNAMIC COMMUNITY THAT VALUES GROWTH, TEAMWORK, AND EXCELLENCE BOTH ON AND OFF THE FIELD. TOGETHER, WE'LL MAKE WAVES OF SUCCESS!

**BUILDING CHAMPIONS
THROUGH PASSION,
EXCELLENCE, AND
TEAMWORK!**

OUR SWIM PROGRAMS



AQUA BABY (3-17 MONTHS)

INTRODUCE YOUR LITTLE ONE TO THE JOYS OF WATER WITH OUR PARENT AND BABY PROGRAM! DESIGNED FOR INFANTS AGED 3-17 MONTHS, THIS ENGAGING AND SAFE PROGRAM HELPS BUILD EARLY WATER CONFIDENCE AND SWIM-READINESS SKILLS.

PARENTS ALSO GAIN VALUABLE KNOWLEDGE ABOUT WATER SAFETY, DROWNING PREVENTION, AND VIGILANT SUPERVISION. TOGETHER, YOU'LL ENJOY A NURTURING AND FUN AQUATIC EXPERIENCE.



PARENT AND TODDLER (18-35 MONTHS)

MAKE A SPLASH WITH OUR PARENT AND TODDLER PROGRAM! DESIGNED FOR CHILDREN AGED 18-35 MONTHS, THIS FUN AND ENGAGING PROGRAM BUILDS TRUST, CONFIDENCE, AND SWIM-READINESS THROUGH PLAYFUL LEARNING IN A SAFE ENVIRONMENT.

EXPERIENCED INSTRUCTORS GUIDE THE JOURNEY, WHILE PARENTS GAIN ESSENTIAL INSIGHTS INTO WATER SAFETY, DROWNING PREVENTION, AND VIGILANT SUPERVISION.



LEARN-TO-SWIM PROGRAM

DIVE INTO EXCELLENCE WITH OUR LONG TERM ATHLETE DEVELOPMENT (LTAD) PROGRAM! STARTING WITH WATER CONFIDENCE, THIS PROGRESSIVE JOURNEY GUIDES KIDS THROUGH ALL 5 LTADS LEVELS, MASTERING ALL FOUR STROKES, DIVE STARTS, AND TURNS.

BY COMPLETION, SWIMMERS WILL HAVE A STRONG FOUNDATION IN EVERY ASPECT OF THE SPORT, POSSESSING EXCEPTIONAL SKILLS AND FUNDAMENTALS TO TRAIN LIKE CHAMPIONS.



SQUADS TRAINING

REACH NEW HEIGHTS WITH STORM SQUADS, ABU DHABI'S ELITE SWIMMING PROGRAM! FEATURING STRUCTURED TRAINING, WORLD-CLASS COACHING, STRENGTH CONDITIONING, AND PERSONALIZED NUTRITION PLANS, STORM SQUADS EQUIP SWIMMERS WITH COMPREHENSIVE SKILLS.

REGULAR COMPETITIONS OFFER OPPORTUNITIES TO WIN MEDALS AT THE UAE'S HIGHEST LEVELS.

WATER CONFIDENCE

THE WATER CONFIDENCE LEVEL FOCUSES ON BUILDING INDEPENDENCE IN THE WATER, TEACHING SAFETY, BASIC FLOATING, AND KICKING SKILLS, WHILE HELPING SWIMMERS FEEL COMFORTABLE AND CONFIDENT DURING EARLY AQUATIC EXPERIENCES.

STUDENTS MUST BE ABLE TO:

UNDERSTAND AND FOLLOW 3 POOL RULES INDEPENDENTLY | ENTER AND EXIT WATER SAFELY WITHOUT ASSISTANCE | SUBMERGE FACE COMPLETELY AND BLOW BUBBLES FOR 5 SECONDS | PERFORM FLAT | FLOATING FROM FRONT AND BACK TO STANDING POSITION | KICK FORWARD FOR 5 METERS WITH A KICKBOARD | FULLY SUBMERGE TO PICK UP ITEMS OFF THE FLOOR WITH MINIMAL ASSISTANCE



BEGINNER

THE BEGINNERS LEVEL FOCUSES ON ACQUIRING FUNDAMENTAL SWIMMING SKILLS, INCLUDING RHYTHMIC BREATHING, FLOATING, AND KICKING. IT AIMS TO BUILD INDEPENDENCE IN DEEP WATER, TEACHING SWIMMERS TO SWIM 5 METERS UNAIDED, RETRIEVE ITEMS, AND SAFELY ENTER AND EXIT DEEP WATER.

STUDENTS MUST BE ABLE TO:

BLOW RHYTHMIC BUBBLES (NOSE AND MOUTH SUBMERGED) | PERFORM THREE TYPES OF FLOAT | INDEPENDENTLY IN DEEP WATER | LOG ROLL FROM BACK TO FRONT AND VICE VERSA | KICK UNAIDED FOR 5 METERS IN DEEP WATER | SWIM UNAIDED ON FRONT AND BACK FOR 5 METERS | FULLY SUBMERGE TO | RETRIEVE ITEMS IN DEEP WATER | JUMP INTO DEEP WATER, SWIM BACK TO THE WALL, AND CLIMB OUT UNAIDED





INTERMEDIATE

THE INTERMEDIATE LEVEL FOCUSES ON CONSOLIDATING BASIC STROKES AND BUILDING ENDURANCE. SWIMMERS ENHANCE SKILLS LIKE STREAMLINE PUSH-OFFS, FREESTYLE, BACKSTROKE, AND KICK TECHNIQUES WHILE DEVELOPING DIVING, TREADING WATER, AND PERFORMING A FORWARD TUMBLE, ALL PREPARING THEM FOR ADVANCED SWIMMING CHALLENGES.

STUDENTS MUST BE ABLE TO:

STREAMLINE PUSH OFF AND TRAVEL 10 METERS ON FRONT AND BACK | KICK CONTINUOUSLY WHILE ROTATING FROM FRONT TO BACK AND VICE VERSA | SWIM 25 METERS FREESTYLE | SWIM 15 METERS BACKSTROKE | KICK 15 METERS DOLPHIN KICK | KICK 15 METERS BREASTSTROKE WITH A FLOAT | DIVE FROM A STARTING BLOCK, SWIM 10 METERS | TREAD WATER FOR 30 SECONDS | FORWARD TUMBLE AROUND THE X-AXIS



STROKE DEVELOPMENT

THE STROKE DEVELOPMENT LEVEL FOCUSES ON REFINING STROKE TECHNIQUE AND IMPROVING EFFICIENCY. SWIMMERS MASTER FREESTYLE, BACKSTROKE, BREASTSTROKE, AND BUTTERFLY WHILE LEARNING STARTS, TURNS, AND FINISHES. THIS PROGRAM BUILDS ADVANCED SKILLS AND UNDERSTANDING OF SWIMMING RULES AND TERMINOLOGY FOR COMPETITIVE READINESS.

STUDENTS MUST BE ABLE TO:

STANDING DIVE FROM POOLSIDE WITH DOLPHIN KICK AND SWIM 25 METERS FREESTYLE WITH BILATERAL BREATHING | SWIM 50 METERS FREESTYLE CONTINUOUSLY WITH CORRECT STROKE TECHNIQUE | SWIM 25 METERS BACKSTROKE WITH CORRECT START, STROKE, AND FINISH | SWIM 25 METERS BREASTSTROKE WITH CORRECT START, STROKE, AND FINISH | SWIM 15 METERS BUTTERFLY WITH CORRECT TECHNIQUE | FLIP TURN FOR FREESTYLE, OPEN TURN FOR BREASTSTROKE AND BUTTERFLY | UNDERSTAND SWIMMING TERMINOLOGY AND RULES

PRE SQUAD

THE PRE-SQUAD LEVEL READIES SWIMMERS FOR COMPETITION BY REFINING STROKES, TURNS, DIVES, AND TRANSITIONS. IT BUILDS ENDURANCE, INTRODUCES INTERVAL TRAINING, AND INCORPORATES DRYLAND CONDITIONING FOR IMPROVED PERFORMANCE.

STUDENTS MUST BE ABLE TO:

SWIM 100 METERS FREESTYLE, BACKSTROKE, AND BREASTSTROKE WITH EFFICIENT TECHNIQUE | SWIM 50 METERS BUTTERFLY WITH STRONG TECHNIQUE AND TURNS | INDIVIDUAL MEDLEY (IM) 100 METERS WITH CORRECT TURNS AND TRANSITIONS | MASTER RACING DIVE TECHNIQUE FROM STARTING BLOCKS | DEVELOP UNDERWATER DOLPHIN KICK PROFICIENCY | INTENSIVE INTERVAL TRAINING AND PACE CONTROL DRILLS | INTRODUCTION TO DRYLAND STRENGTH AND CONDITIONING SPECIFIC TO SWIMMING

OUR COACHES

OUR EXPERIENCED COACHES GUIDE SWIMMERS THROUGH THE LTAD PROGRAM WITH TAILORED TRAINING THAT MEETS INDIVIDUAL NEEDS AT EVERY STAGE. BY FOCUSING ON EACH SWIMMER'S STRENGTHS AND AREAS FOR GROWTH, THEY ENSURE STEADY PROGRESSION FROM FOUNDATIONAL SKILLS TO ADVANCED TECHNIQUES.

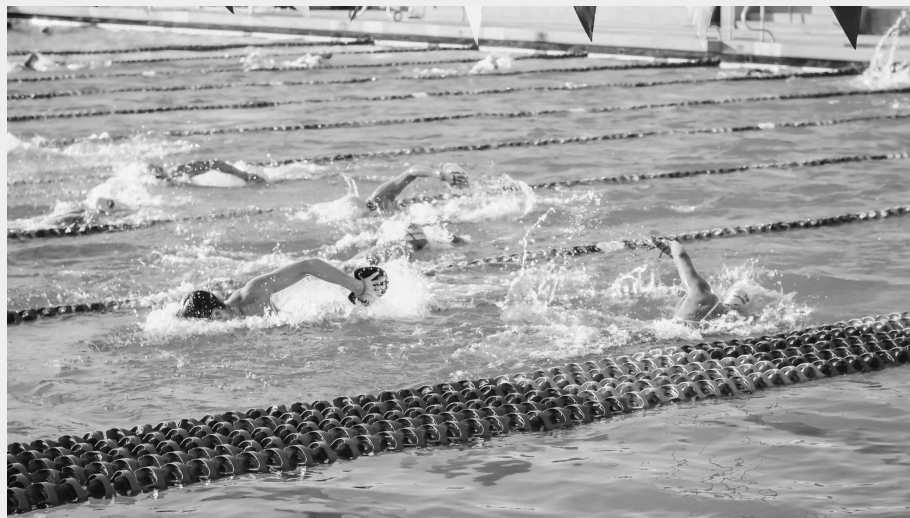
THROUGH PERSONALISED ATTENTION, CONSISTENT FEEDBACK, AND STRUCTURED PRACTICE, OUR COACHES FOSTER CONFIDENCE, BUILD ENDURANCE, AND REFINE STROKES, HELPING EACH ATHLETE REACH THEIR FULL POTENTIAL AND THRIVE IN THE WATER..



OUR SQUADS PROGRAM

OUR SQUADS PROGRAMS DEVELOP SWIMMERS INTO ELITE ATHLETES THROUGH PROGRESSIVE, HIGH-PERFORMANCE TRAINING. FROM THE DEVELOPMENT SQUAD REFINING STROKES AND RACE STRATEGIES TO THE JUNIOR SQUAD ADVANCING COMPETITIVE SKILLS,

EACH LEVEL BUILDS ENDURANCE AND TECHNIQUE. SENIOR SQUAD EMPHASIZES MENTAL RESILIENCE AND PEAK PERFORMANCE, WHILE THE PERFORMANCE SQUAD INTEGRATES SPORTS SCIENCE AND ELITE COMPETITION PREPARATION.



DEVELOPMENT SQUAD

THE DEVELOPMENT SQUAD BUILDS COMPETITIVE SKILLS WITH STROKE REFINEMENT, RACE STRATEGIES, ENDURANCE TRAINING, VIDEO ANALYSIS, AND BASIC NUTRITION AND RECOVERY GUIDANCE.



JUNIOR SQUAD

THE JUNIOR SQUAD ENHANCES COMPETITIVE PERFORMANCE WITH ADVANCED RACE TACTICS, STROKE EFFICIENCY, STRENGTH TRAINING, PSYCHOLOGICAL RESILIENCE, AND COMPETITION SIMULATIONS.



SENIOR SQUAD

THE SENIOR SQUAD FOCUSES ON ADVANCED RACE SKILLS, STROKE OPTIMIZATION, SPORTS PSYCHOLOGY, HIIT TRAINING, AND TAILORED NUTRITION AND RECOVERY FOR PEAK COMPETITION PERFORMANCE.



PERFORMANCE SQUAD

THE PERFORMANCE SQUAD DELIVERS ELITE-LEVEL TRAINING WITH BIOMECHANICAL ANALYSIS, ADVANCED RACE STRATEGIES, SPORTS SCIENCE INTEGRATION, MENTAL COACHING, AND TAILORED PLANS FOR INTERNATIONAL COMPETITION SUCCESS.



AMITY
INTERNATIONAL SCHOOL
ABU DHABI

ADDITIONAL PROGRAMS

STORM ACADEMY OFFERS TAILORED SWIMMING PROGRAMS TO MEET DIVERSE NEEDS. OUR ADULT SWIMMING LESSONS CATER TO ALL LEVELS, HELPING SWIMMERS BUILD CONFIDENCE, REFINE TECHNIQUE, AND IMPROVE ENDURANCE AT THEIR OWN PACE.

FOR TRIATHLETES, OUR SPECIALIZED LESSONS FOCUS ON ENHANCING SWIMMING PERFORMANCE, ENDURANCE, AND RACE PREPARATION.



PRIVATE SWIMMING LESSONS PROVIDE PERSONALIZED, ONE-ON-ONE COACHING FOR SWIMMERS SEEKING FOCUSED GUIDANCE AND SKILL DEVELOPMENT IN A SUPPORTIVE ENVIRONMENT.

ADULT LESSONS

BUILD CONFIDENCE WITH OUR ADULT SWIMMING LESSONS, TAILORED FOR ALL LEVELS. PROGRESS AT YOUR PACE WITH EXPERT GUIDANCE IN A SUPPORTIVE ENVIRONMENT.

TRIATHLON COACHING

ENHANCE PERFORMANCE WITH OUR TRIATHLETE SWIMMING LESSONS, TAILORED FOR ALL LEVELS. IMPROVE TECHNIQUE, ENDURANCE, AND CONFIDENCE WITH EXPERT COACHING.

PRIVATE LESSONS

ACHIEVE YOUR GOALS WITH OUR PRIVATE SWIMMING LESSONS, OFFERING PERSONALIZED COACHING FOR ALL LEVELS IN A FOCUSED, SUPPORTIVE SETTING.



OUR VENUES

AT STORM ACADEMY, WE PROUDLY OPERATE IN STATE-OF-THE-ART VENUES ACROSS ABU DHABI, INCLUDING SCHOOLS, GOVERNMENT FACILITIES, AND PREMIER SPORTS COMPLEXES. THESE VENUES, EQUIPPED WITH WORLD-CLASS AMENITIES, REFLECT OUR COMMITMENT TO PROVIDING EXCEPTIONAL ENVIRONMENTS FOR SPORTS EDUCATION, TRAINING, AND COMMUNITY ENGAGEMENT, ENSURING THE HIGHEST STANDARDS FOR OUR PROGRAMS AND PARTICIPANTS.

CONNECT WITH STORM SWIMMING ACADEMY TO BOOK WORLD-CLASS SWIMMING PROGRAMS TAILORED TO ALL LEVELS. WHETHER YOU'RE STARTING YOUR JOURNEY OR AIMING TO REFINE YOUR SKILLS, OUR TEAM IS HERE TO SUPPORT AND INSPIRE YOU EVERY STEP OF THE WAY.

NEW TO STORM SWIMMING? ENJOY A FREE ASSESSMENT TO DETERMINE THE PERFECT PROGRAM FOR YOUR NEEDS.

CONTACT US TODAY TO DIVE INTO CONFIDENCE, SKILL DEVELOPMENT, AND A LOVE FOR SWIMMING!



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GET IN TOUCH WITH US