



## Apex Swim Challenge – FAQs

### What Is the Apex Swim Challenge?

The Apex Swim Challenge is a 12-week, water-based program designed to help children grow stronger, more confident, and more focused in the water through fun, structured challenges rather than traditional swim lessons.

### Who Is This Program For?

- Ages 5 and up
- Swimmers must be comfortable in the water
- No swim experience or stroke knowledge is required

### How Is the Program Structured?

The program is divided into three 4-week phases:

**Weeks 1–4:** Strength & Body Control

**Weeks 5–8:** Team Building & Cooperation

**Weeks 9–12:** Problem Solving & Focus

This rotating structure keeps swimmers engaged while helping them develop a wide range of physical and social skills.

### What Will My Child Work On?

- Strength and coordination
- Confidence and independence in the water
- Focus, listening, and following directions
- Teamwork and positive peer interaction

### Is This a Competitive Program?

No. The Apex Swim Challenge is non-competitive and designed for swimmers who enjoy active, game-based learning without the pressure of racing or formal technique training.