



## Professional DartSwim Analysis and Private Coaching

Want to Get that Winning Edge?

Want to be evaluated on the Swimming's Most State-of-the-Art Platform?

Then FLA Proudly Offers

# DartSwim

The Most Sophisticated Video Analysis for Swimming Available today

*Perfect for Youth and Masters Swimmers*

Choose from the following options:

**FLA Premium Package: \$500 (\$50 saving)**  
 Combine a set of One-on-One Private Coaching with Video and a full DartSwim analysis for a \$50 savings. The swimmer has all four strokes and all starts and turns analyzed using our DartSwim software, and five 30-minute private coaching sessions with an assigned coach assisted by our underwater delayed video recorder system for more detailed feedback on the swimmers stroke.

**FLA Deluxe Package: \$400 (\$50 saving)**  
 Combine a full DartSwim analysis and a set of One-on-One Private Coaching for a \$50 savings. The swimmer has all four strokes and all starts and turns analyzed using our DartSwim Elite Video software, and five 30-minute private coaching sessions with a FLA coach.

**FLA Dart Swim Analysis**  
 Complete underwater and overwater video analysis of the swimmer using the DartSwim Elite Video Software. Get just your best or all four strokes analyzed. Get your starts and turn, too! Video for a complete digital analysis. You will receive a DVD that contains all of your video analysis, with audio commentary and video mapping by our Coaching staff. DVD will be delivered within 3 days of filming.

**Please check at least one**

All 4 strokes AND All Starts and Turns	\$250(\$50 savings)	<input type="checkbox"/>
All 4 strokes OR All 4 starts and Turns	\$150	<input type="checkbox"/>
Three strokes OR three starts and Turns	\$125	<input type="checkbox"/>
Two strokes OR two starts and Turns	\$90	<input type="checkbox"/>
One stroke OR one Start and turn	\$50	<input type="checkbox"/>

**One-on-One Private Coaching with Video: \$300 (Five 30-minute sessions)**  
 One on one private coaching with an assigned coach, assisted by our underwater delayed video recorder system for more detailed feedback on the swimmers stroke. All four strokes, including starts and turns will be evaluated and worked on during the sessions. We place a large emphasis on specific drills that are geared toward improving the swimmer's technique and stroke efficiency during the course of the lessons.

Number of sets required x  \$300 = \$\_\_\_\_\_

**One-on-One Private Coaching: \$200 (Five 30-minute sessions)**  
 One-on-one private coaching with a FLA coach. Work on ALL four strokes, including starts and turns OR focus on specific areas you want extra detail and analysis on. Emphasis is on specific drills that are geared toward improving the technique and stroke efficiency during the course of the lessons.

Number of sets required x  \$200 = \$\_\_\_\_\_

**CALL OR E-MAIL THE FLA OFFICE NOW TO SCHEDULE YOUR SESSIONS**

**(954) 468-5590**

**info@FLAswim.com**