





# MICHAEL phelps SWIM METHOD

**MICHAEL PHELPS** learned to swim at North Baltimore Swim School (NBSS). It was there that Cathy Bennett taught him how to swim and helped him overcome his fear of water. Cathy Bennett, today's Director of the Michael Phelps Swim School, developed the foundation of this water safety program at the NBSS. This program is not only based on the motor skills of swimming (kicking, stroking, and rhythmic breathing) but more importantly it focuses on swimmer's needs to mentally understand the properties of water, the how's and why's, to get a person mentally and physically ready to become a swimmer.

From "Get Wet" (6 months old with a parent in the water) through "Elite" (Michael Phelps), there are 11 levels of instruction that have been developed over the course of 20+ years. The first Michael Phelps Swim Method line of products has been developed and designed by Aqua Sphere in close cooperation with Cathy Bennett and the Michael Phelps Swim School. The product line's intention is to accompany this program by offering purposeful equipment so that children can safely learn to SPLASH, FLOAT, SWIM and TRAIN.

One on One format, 6 months to 3 years. Repetition, same songs and methods. Free time for parents to play with kids.

**LEVEL ONE**  
**GET WET : SPLASH**  
INTRODUCTION TO WATER

**01**

For kids not comfortable going under water, 3+ years. Target is to float front and back and be comfortable in the water, dive under without hesitation.

**LEVEL TWO**  
**PRE-BEGINNER : FLOAT**  
WATER COMFORT

**02**

Swim, take a breath and keep swimming. Get streamlined and more breathing skills, comfortable in deep water.

**LEVEL THREE**  
**BEGINNER : SWIM**  
MAKING WAVES

**03**

With or without instructor in the water, deep end, swim laps, working on breathing and stroke techniques.

**LEVEL FOUR**  
**ADV. BEGINNER : TRAIN**  
TECHNIQUE

**04**

# 01

## LEVEL ONE

GET WET : SPLASH  
INTRODUCTION TO WATER

# BABY SEAT

YEARS 1-2

- Buoyancy aid for child's first in water experience
- Unique catamaran shape
- Side air chambers provides stability
- Low and stable body position in the water
- Designed to allow more intimate parental interaction with child
- EN13138-3 type A tested and certified
- Target age 1 - 2 years/ 11 - 15kg

P/N 253653 NEON



# BABY TOWEL

YEARS 0+

- Soft terry cloth fabric provides warmth
- Easy to put on and take off
- Target age 6 months+
- Available in purple and blue
- Comes with a mesh carrier bag

P/N 253654 BLU/GRN



P/N 253655 PRPL/GRN



# SWIM VEST

YEARS 2-6

- Buoyancy aid provides assisted floating and stability
- Foam buoyancy panels aid in balanced body position and comfort in the water
- Back handle offers easy aid to help child's body position while swimming
- Multiple adjustment straps ensure a comfortable, customized fit
- 2 sizes, 2 colors
- Target age 2 - 3 years/ 15-18Kg
- Target age 3 - 6 years/ 18-30Kg

P/N 253649 NEON MED



P/N 253650 NEON LRG

P/N 253651 PINK MED



P/N 253652 PINK LRG



# 02

**LEVEL TWO**  
**PRE-BEGINNER : FLOAT**  
WATER COMFORT

# ARM FLOATS

YEARS 2-6

- Buoyancy aid provides assisted floating
- Soft fabric shell provides comfort against the skin
- Foam buoyancy for safety and reliability
- Inflatable internal bladder for added buoyancy and a perfect fit
- Comes with a mesh carrier bag
- 2 sizes
- Target age 2 - 3 years/ 15-18Kg
- Target age 3 - 6 years/ 18-30Kg

P/N 253647 NEON MED



P/N 253648 NEON LRG

P/N 253727 PINK MED



P/N 253728 PINK LRG



# 03

## LEVEL THREE

BEGINNER : SWIM

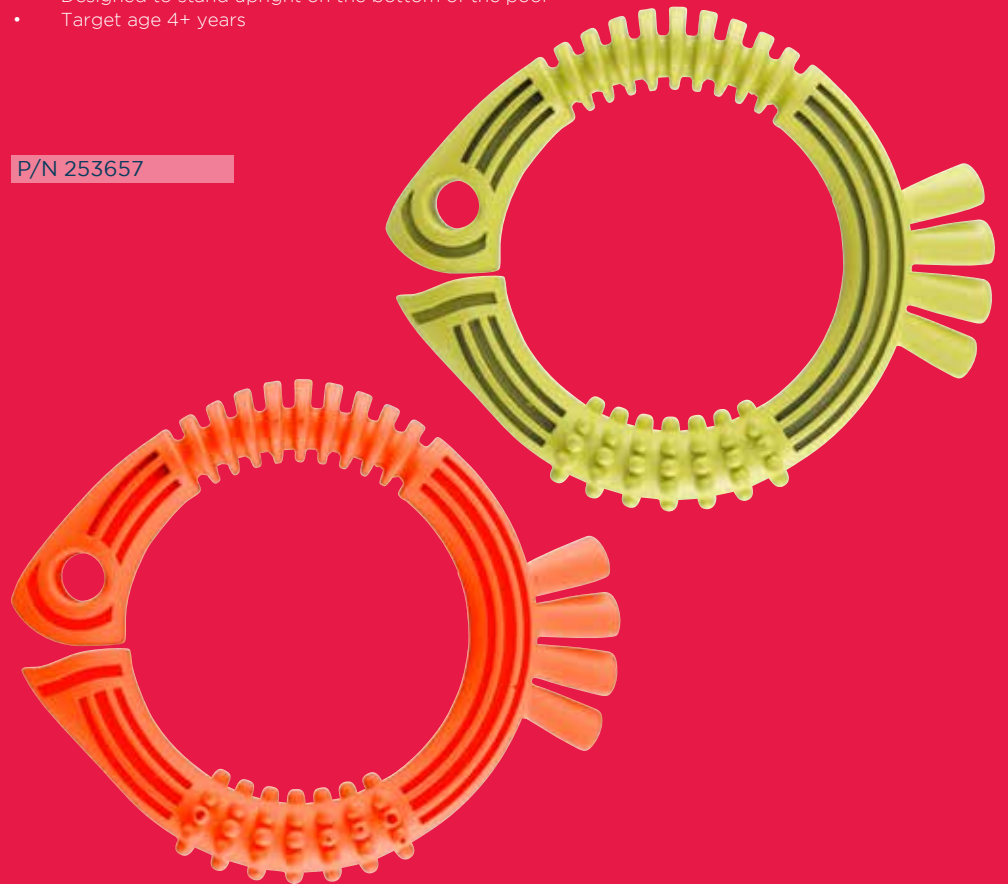
MAKING WAVES

# DIVE RING

YEARS **4+**

- Multiple surface textures to encourage tactile development
- Interconnectable
- Designed to stand upright on the bottom of the pool
- Target age 4+ years

P/N 253657



# KICKBOARD

YEARS 2+

- Cut outs for various hand positions to encourage proper streamline technique
- Curved design allows swimmer to put the face in the water while kicking
- Target age 2 – 6 years/ 15 – 30 kg

P/N 253656

# 04

**LEVEL FOUR**  
ADV. BEGINNER : TRAIN  
TECHNIQUE



## DISTRIBUTION

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