



4 Tips

**to know before
you learn to swim**

1. Stay Hydrated

Drink water before and after lessons to stay energised.



2. Wear the Right Gear

Comfortable swimsuit, goggles, and swim cap can make a difference.



3. Choose the Right Swim School

Look for certified
instructors, a safe
environment, and tailored
programs. OSS has it all!



4. Have Fun

Keep a positive attitude and
enjoy the process—progress
will follow!



Start Your Swim Journey Today!

Ready to get started?
PM us @**optimumswimschool**
or visit the nearest OSS today!

 **OPTIMUM**
SWIM SCHOOL