



Frequently Asked Questions

Q: How is SwimLabs Littleton different from other swim instruction facilities out there?

A: SwimLabs Littleton is a unique swimming training facility designed to use technology and individualized instruction to teach swimmers of all ages – beginners to competitive athletes – the absolute best techniques for water safety and swimming success. Our highly-effective swim school combines indoor, warm-water pools, highly-trained instructors and the same training video-feedback technology used by Olympians. We help kids of all ages learn to swim safely and quickly and our expert instructors are trained to help competitive swimmers improve their stroke and shave seconds off of their time.

Q: What technology do you use to analyze a swimmer's stroke?

A: Our technology lets swimmers of all ages and abilities instantly view their own strokes, correct or enhance their form, adjust their technique and master their skills. We offer multiple in-pool cameras and strategically placed pool-length mirrors to capture a 360-degree view of the swimmer's stroke. Video-analysis software and large screen monitors provide instant feedback to swimmers on how they can adjust their stroke to be more efficient and faster in the water.

Q: Why is this approach more effective?

A: The SwimLabs approach has been proven time and again to get new swimmers water safe quickly and to help competitive swimmers excel at their highest level and go beyond their current times and abilities. We believe that the key to becoming a better, safer or faster swimmer isn't more time in the pool, it is learning correct and effective strokes. We also know that people of all ages learn faster by seeing what they need to do, rather than being told what to do.

Q: What kind of swimmers do you typically work with?

A: At SwimLabs Littleton, we work with swimmers of all ages and skill levels from toddlers and adults just learning to swim to Olympic and Ironman athletes working to gain a competitive edge. We specialize in instruction for [kids](#), [competitive swimmers](#), and [triathletes](#).

Q: What can someone expect at a lesson?

A: Once a swimmer has selected the class type and size that works best, at each lesson, every swimmer can expect:

- Small, warm-water pools
- Highly-trained instructors (over 20 hours of SwimLabs specific training)
- Same video-feedback Olympic swimmers use
- Kids learn the most correct methods of swimming – making them safer and giving them a stronger foundation
- Parents get a front-row seat to lessons and video analysis

Q: Do you only have small, warm-water pools?

A: Yes, we only teach in the SwimLabs pools because they are warm-water pools built with benches that go all around the perimeter and have a maximum depth of 3.5 feet. This means that all of our lessons, whether private or group, take place in a small space with no more than four participants in the pool. Another important feature of our pools is the bar mounted at the front of each pool, directly in the path of the current. The bar creates a stationary position in the pool that we use at every level of our lessons, from beginning students with fears of the water, to our competitive stroke analysis sessions. Like our other technique building tools, the bar allows us to isolate different swimming techniques in a controlled environment.

Q: How much do lessons cost?

A: At SwimLabs Littleton, we offer a variety of class sizes and formats, ranging from group and Parent/Tot lessons to private lessons and individual drop-in options. Prices vary according to class size and frequency, but start at \$18.75 for a 30-minute lesson. For specific pricing and more details, visit our [website](#).

Q: What Olympic or professional swimmers have used SwimLabs?

A: Olympians including Missy Franklin, Aaron Peirsol, Kara Lynn Joyce, Chloe Sutton, David Walters, Blake Worsley, Amanda Beard, James Magnussen, Amanda Weir, Chris Chalmers and Ironman World Champion Mirinda Carfrae have all visited a SwimLabs location to either have their stroke analyzed or as special guest instructor for other Olympic hopefuls.

Q: Where is SwimLabs Littleton located?

A: SwimLabs Littleton opened in summer 2017 in Littleton on Wadsworth just north of Bowles. Our address is 8500 W. Crestline Ave., Unit I, Littleton, CO 80123.

Q: What other locations does SwimLabs have in Colorado?

A: SwimLabs has locations in Boulder, Ft. Collins, Highlands Ranch, and Littleton. Outside of Colorado, SwimLabs has 10 swim schools in six states and internationally in Istanbul, Turkey.

Q: Who owns SwimLabs Littleton?

A: SwimLabs Littleton is owned by Tom and Heather Haugen and Stacey Alexander, all Colorado natives who have young children who learned to swim at SwimLabs. They were so impressed with SwimLabs for their kids, they decided to open a franchise in Littleton. Collectively, this team is committed to building a business by investing in great people and providing exceptional service. Their experience includes:

- Ownership of several small businesses focused on education
- Serving on board positions focused on improving education from early childhood through graduate school
- Developing programs within every business to give back to the community
- A passion for developing people and serving clients

Q: How is SwimLabs Littleton involved in the community?

A: SwimLabs Littleton is committed to giving back to the community. We offer special programs for families who can't afford swim lessons, for foster families and special needs children. We believe learning to swim is a critical life skill and want to give that opportunity to all kids.

