
Pam Pulliam

* 21 years of water instruction

* 4 years Of total immersion instruction

Pam provides video documentation for her students. Videos help students track their progress by recording their performances prior to instruction, during instruction, and at the end of instruction. Students can verify their improvement from start to finish.

Pam offers instruction to children, adults, males, and females, from beginners to competitive swimmers and everyone in between.

Testimonials

I turned 40 last year. And I did not know how to swim. I owned only a bathing suit for a few years. There was no need for more when going to the beach and never getting close to the water. I used to drive to the pool only to take the kids for swimming lessons. I did not care if the hotel where I was staying had a pool or not. The kids did not understand why I did not play in the water with them.

I turned 41 this year. In March I went to Mexico and snorkeled. It was fantastic. I needed to buy more bathing suits. Now I love going in the water. And I am not afraid anymore to get my head under the water and swim. I am not swimming very well yet, but I am making progress every week.

Was it the age that changed my attitude and comfort with the water in just a few weeks? No. I was the one who decided to take swimming lessons with Pam. And it was Pam who had the knowledge, the skills, and the patience to teach me that water is fun; that age does not matter when it comes to swimming.

Gabriela C.

I never took swimming lessons growing up. As an adult, I grew more and more apprehensive about learning how to swim. I promised my wife that I would learn how to swim after we had our first child. So, at 30 years old, I started lessons with Pam. The first few lessons were tough since I didn't know how to do anything. On top of that, I am 6 ft 7 so that made it even more difficult for myself and for Pam. I was the tallest student that she ever had!

After the first couple of months, I almost gave up. But Pam kept encouraging me and I didn't want to break my promise. I started to see progress and was feeling a lot more comfortable in the water. Pam was great to work with and made it a lot of fun. After about 6 months of lessons, I know how to swim. I owe a lot of it to Pam and her teaching techniques and encouragement.

Ryan

~~~~~  
*Our oldest daughter who was 6 at the time was going to begin a summer program where they went to a public swimming pool once a week. We were not comfortable with this since she did not know how to swim yet so we enrolled her in private lessons with Ms.Pam. Our hope was that she would learn enough to know her limits in the water as well as some safety skills. Turns out she learned that and much more. She is now 7 and can do a beautiful crawl stroke the length of the pool. We were so impressed at the speed of learning during these lessons. The lessons are very structured and the students learn real skills but have fun doing it.*

*Our other daughter was only 4<sup>1</sup>/<sub>2</sub> and still quite scared of the water let alone participating in a swim class. She was scared and cried on her first lesson. Ms. Pam was very calm and had several tactics that convinced her to get in the water. By the second lesson she was willingly going into the water. She has gained so much confidence in the water now and says swimming is her favorite sport.*

*If you want your children to quickly learn how to swim in a safe environment, I highly recommend private or semi-private lessons by Ms. Pam.*

**Kami and Dave Poppen**

*When our daughter was 3<sup>1</sup>/<sub>2</sub> we tried swimming lessons where there was frequently a different teacher every week. She would cry when taken into the water by a stranger, so we stopped after several attempts. When she started swimming lessons with Miss Pam, she had just turned four years of age. While she loved to play in the water, learning to swim was different. She would stand at the edge of the pool with arms crossed, lip out, reluctant-at best-to even jump in the water. Within weeks she was enjoying her lessons. By the time she was seven she was excited to show us how she could jump from the high dive. Now at age nine she is a strong, confident swimmer. Not only did she learn to swim, she learned about the coaching relationship as well. She is still learning with every lesson to accept correction and praise in equal measure. Thanks Miss Pam!*

**Phil Grim**

~~~~~  
Fees

Private lessons:

Members-\$62 (66.64 w tax), Non-members-\$84 (89.88 w tax)

***Includes four 30 minute lessons. Lessons can be spread out over a year and can be paid for one lesson at a time.

Semi-private lessons;

Members-\$102 (109.14 w tax), Non-members-\$124 (132.68 w tax)

***Includes four 30 minute lessons. Lessons can be spread out over a year and can be paid for one lesson at a time.

For more information call Pam Pulliam at 319-471-swim (7946) or email:
fun2swimpam@yahoo.