



# 8 im PROGRAM

has five different “bubbles” which create a multi-faceted program of water- safety lessons health and wellness education as well as goal-setting instruction.

**8 imsafe**

Provides each participant with the opportunity to become comfortable, confident, and safe in the water.

**8 imhealthy**

Teaches the basics of healthy living including good eating habits, stress management, and physical activity.

**8 imsuccessful**

Teaches how to set goals, develop a plan, and work towards achievement, based on Michael’s Dream, Plan, Reach philosophy.

**8 imfun**

Keeps water-safe participants active in the pool by creating a fun environment that fosters continued development of in-water skills.

**8 imfast**

Provides participants with a coordinated training regimen that further develops the swimmer’s overall fitness level and helps athletes realize their potential.

**A PHELPSIAN FEAT:**

Over the course of completing all five bubbles, participants have the opportunity to earn 8 im medals of their own.