



PARENT HANDBOOK AND LESSON GUIDELINES

NEVER CONSIDER A CHILD WATER-SAFE OR DROWN PROOF! ALL CHILDREN SHOULD BE CAREFULLY SUPERVISED WHEN IN OR AROUND WATER NO MATTER HOW MUCH TRAINING THEY HAVE RECEIVED.

1. STATEMENT OF LIABILITY AND PARENTAL RESPONSIBILITY

Parents, you and your children's safety are your responsibility totally until I take your child out of your hands and into the water in a scheduled training exercise. If there is no lifeguard on duty, I do not assume responsibility for you, your children, or visitors that may be with you at the lesson. Children waiting for their lessons, as well as any other children brought to the pool, must be kept beside you or on your lap. Do not leave children unattended for any reason.

2. Diet

DO NOT FEED YOUR CHILD FOR 2 HOURS PRECEDING HIS LESSON. DO NOT ALLOW **whole fruit, especially with a skin (such as certain berries like blueberries, strawberries, grapes, sometimes apples, pineapple, tangerines,**

celery, hot dogs, or anything else your child may not be able to digest.)

Recommended: bananas, rice, applesauce, toast, other grains, & yogurt.

Avoid other foods that take time to digest and all other **milk products for several hours.** Children do not chew they just swallow, so any food that is in the tummy may come up with a very strong burp. Your child may eat anything immediately after his lesson. Children swallow lots of air in the learning process so we want to avoid spitting up in the pool.

3. HOW SOON CAN I EXPECT MY CHILD TO LEARN TO SWIM?

Most babies learn in 3-4 weeks; most older children learn in 3-6 weeks. Do not be alarmed if your child is not progressing as fast as another; they do not all walk or talk at the same rate either.

4. HOW SHOULD I PREPARE FOR LESSONS?

All children who are not potty trained should wear a snug, non-disposable “swim diaper.” These can be purchased from me. They should be tight enough to keep any accidents from contaminating the pool. Paper swim diapers do not accomplish this. You may “double diaper” if you wish. After the lesson, your child should be dried and dressed in warm clothes. If it is cold out, take precautions against the weather.

5. HOW ARE LESSONS CONDUCTED?

Swimming lessons are approximately 10 minutes in length, four days per week. Consistency is a very important ingredient of the program. Because of heavy scheduling, I am unable to offer make-up lessons. LET’S PRETEND

6 It is normal and healthy for children to “teach” their teddy bears, dolls, siblings etc. to swim and float. They master their emotions by becoming the teacher. You will love seeing this, and may want to tape it.

7. ARE THERE MAKE-UP LESSONS FOR ILLNESS AND VACATIONS?

NO! If your child begins lessons on Monday, you are expected to pay for the week. If you choose to be absent, I cannot do a make up. I will try to work with you if your child becomes ill suddenly and you need to take some days off, if I can. Please allow for a 24 hr. notification if possible.

8. WHY UPDATES? Your baby needs updates not because he will forget his skills, but because he will outgrow them. Especially during the first two years, babies’ rapid growth causes their center of gravity to shift, which affects their ability to float. Updates, or brush-up lessons, are similar to seeing the pediatrician for a well-baby check-up. Continued self –confidence is another reason.

9. WHAT IS THE COST OF THE LESSONS AND WHEN DO I PAY

Tuition is \$80 per week with a \$50 registration fee, payable to Infant Water survival of Fort Worth, before lessons begin. The first day you will be obligated to pay for 2 weeks.

Please pay at the beginning of the week.

You may pay for the month by credit card, I have a square that runs through my phone. Cost is \$370 for the month. (4 weeks)

10. REFUNDS?

Please do not start your child in this program unless you fully intend to complete the entire learning process. Once your child begins lessons, the balance of your tuition is non-refundable if you withdraw your child.

Your child may need several weeks to work thru his or her feelings about the water (usually an “I’m going to fall down” problem.) So leaving makes a child feel unduly anxious about his lack of ability.

11. Emotional Issues. Children are all different, some take to strangers easily, some don't. The water has an added dimension because we can't breathe in it. It may take awhile for your baby/child to adapt to this new situation. Remember, we are doing all we can to make it a safe and pleasant experience for you and your child but: **It is not learning how to swim that is fun, it is knowing how to swim that is fun.**

Old habits die hard. If your child has used **floaties**, a swim trainer bathing suit, **a life jacket**, or other such flotation device your lessons your child's lessons may take longer because we have to unlearn bad habits before we can learn new correct postures.

Please call my phone for information concerning the weather and cancellation of lessons due to weather. No lessons will be held when there are thunderstorms.

Barbara Throne

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