

INFANT AQUATICS

PARENT HANDBOOK AND LESSON GUIDELINES

NEVER CONSIDER A CHILD TO BE WATER SAFE OR DROWN PROOFED! 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 the instructor takes your child out of your hands and into the water in a scheduled training exercise. There is no lifeguard on duty. Neither I, nor the pool owners assume responsibility for you, your children, or visitors that may be with you either in the pool area, parking lot, or on the way to or from lessons.

Children waiting for their lessons or dressing after 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. Children are not allowed to roam around the pool area. **Parents must accompany and supervise their children in the bathroom.** Please hold onto your child when walking to and from your car.

You must assume responsibility in explaining all rules and regulations of the pool facilities to any visitors or babysitters.

2. HOW SHOULD I PREPARE FOR LESSONS?

For your child's safety and as a courtesy to everyone else, all children who are not "potty trained" must wear our snugly fitting **reusable**, cloth swim diapers during lessons. These are available for purchase from your instructor. Disposable swim diapers are not allowed in the pool, because they are ineffective in preventing pool contamination. Remove diapers (please take them with you) and then dress your child in his swim diaper. (Swimsuits are optional.) If your child has long hair, try to braid it, tie it back and use barrettes to keep the hair out of her eyes.

Be sure to bring two large, dry towels and a waterproof mat or cushion. After the lesson, your child should be dried and dressed in warm clothes. Use a warm blow dryer, if necessary, to dry their hair. Please arrange your schedule so that you do not have to rush a cold, wet baby or child outside.

DO NOT FEED YOUR CHILD FOR TWO HOURS PRECEDING HIS/HER LESSON. DO NOT ALLOW FRUIT, VEGETABLES, MEAT OR MILK PRODUCTS FOR SIX HOURS BEFORE THE LESSON. (THIS INCLUDES FORMULA, MILK, EGGS, CHEESE AND YOGURT). Breast milk, Rice Dream, toast and cereal (without fruit or nuts) may be given two hours before a lesson. Some children swallow a lot of air and some water during the lessons. When the stomach is distended the muscles tighten up across the abdomen, and a child will burp. If there is food in the stomach when this happens, the food will come out with the air and the child will spit up in the pool. The pool filtration system will clear the pool quickly, so if this happens to your child, do not be frightened or distressed. This happens to some children regardless and is not anything to worry about, but controlling feedings just before the lessons will help. You can usually expect an increase in appetite and longer naps as a result of this exercise. Please allow for good naps and try to avoid going shopping right after a lesson.

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

An instructor will not rush a child, nor allow the parents to do so. Usually babies 12 to 24 months are doing very well after four or five weeks of lessons. Older children typically need less time than these younger babies. This often depends on the individual child. Younger infants (6 to 9 months) who are “floaters” take less time initially (3-4 weeks) because they are learning only a part of the swim-float-swim sequence. Infants who attend **AQUABABIES** (see #8 below) following their initial floating lessons will require less time to learn the complete swim-float-swim sequence as toddlers. Expect to spend between 3-6 weeks of lessons after your floater turns a year, depending upon individual development and attendance at **AQUABABIES**. Since you will be present during each lesson, you should have a good idea of what your child is and is not capable of doing. Remember, each child goes at his own pace, so do not compare your child’s progress with that of other children.

4. WHAT IF WE ARE LATE OR MISS A LESSON?

Swimming lessons are approximately 10 minutes in length, four days per week, Monday through Thursday. Since your lessons are only 10 minutes, it is helpful if you arrive 10 to 15 minutes before your scheduled time. This allows sufficient time to have your child ready to go into the water (without rushing) at the scheduled time. If you are late, the instructor will try to fit you in whenever possible, but your lesson time might be shortened. Consistency is a very important ingredient of the program. Steady attendance will increase your child’s rate of progress. Because of heavy scheduling, I am unable to offer make-up lessons. If you find you have a conflict on a certain day, it may be possible to make advance arrangements with another parent to switch your lesson time. Sometimes it may be possible to add you to the end of the schedule. Please talk with your instructor if this should occur.

5. MAY VISITORS AND CHILDREN COME TO WATCH?

Adult visitors are welcome to observe lessons. It is best to check with the instructor to determine how this might affect your child’s progress. Children other than students are strongly discouraged from coming. The instructor needs to concentrate totally on your child in order to teach him efficiently. If other children are running or playing, then the instructor becomes a lifeguard which detracts from your child’s lesson. Your cooperation in this matter will be greatly appreciated. If it is absolutely necessary that you bring a child once in a while, have him stay immediately by you, in a stroller or on your lap during the lesson.

6. LET’S PRETEND

It’s normal and healthy for children to “teach” their teddy bears, dolls, siblings and friends how to “look at my hand”, “get the wall”, “keep your chin on your speed button”, or “splash your legs”. They also at times hide or throw their swimming suits out of car windows while traveling 40 mph. Be prepared (pack extra suit and clothes in your swim bag), it may happen to you -- **STAY COOL**. When you tell the family about it that evening, it really will be funny.

7. ARE THERE MAKE UP LESSONS FOR ILLNESS & VACATIONS?

NO! If your child begins lessons on Monday, you are expected to pay for the week. Heavy scheduling makes it impossible to offer make up lessons. However, options are available. If you know your child is going to be ill for an extended period of time, or you are planning a vacation, you may give up your time and go into a “first priority waiting list”. As soon as you are ready to come back into lessons, let me know, and the next available time slot will be offered to you. If I have someone on the waiting list for “update” lessons (see #9 below) I can often give you back your original time slot. With this procedure, you do not pay tuition and your instructor is not standing idle in the water. If you choose to have your spot held, you may do so by continuing to pay your tuition. If you have paid for the time --- it is yours. If a child is ill for a day or two, most

parents choose to have their spot held. It is important for you to watch your child's health during lessons.

8. ANNOUNCING FUNDAYS AND AQUABABIES!

FUNDAYS and **AQUABABIES** classes are once a week group classes designed to maintain skills acquired in private lessons and teach your child that the water is a wonderful place to have fun. They are offered to all students who have learned to roll over to float. Students who have the opportunity to practice their newly acquired skills following lessons not only maintain confidence in their swimming ability, but they make the leap from survival swimming to recreational swimming. I view water play as a healthy component to the physical and emotional development of children and have observed that practicing skills on a regular basis boosts retention, promotes self esteem and prepares children for more advanced stroke instruction. **FUNDAYS** are 30 minute group classes for ages 2.5 and up offered Monday through Friday. Schedules change throughout the year, so consult with your instructor for current schedules. **FUNDAYS** are taught **without a parent** in the water. There is a ratio of 4 students per instructor.

AQUABABIES are 30 minute group classes for babies between the ages of 7 and 30 months. These once a week group classes allow parents hands on experience working with their babies in the water. They provide our youngest swimmers the opportunity to practice with their parents the swimming and floating skills learned during private lessons, while incorporating water activities which build confidence and promote safe water fun. **AQUABABIES** classes are scheduled Monday through Friday. Schedules change throughout the year, so consult with your instructor for current schedules. Be sure to talk with your instructor about scheduling **FUNDAYS** or **AQUABABIES** for your child as soon as he is ready. **Ideally, students should move immediately into a group class at the completion of private lessons.** If possible, I invite students to try out a group class while they are still in lessons.

Cost for FUN FRIDAY and AQUABABIES is \$200 for a ten week session (once per week). If your child begins group classes mid session, the cost will be prorated.

9. WHY UPDATES?

Babies need updates not because they will forget their skills, but because they outgrow them. Particularly during the first two years, rapid growth causes a shift in a baby's center of gravity, affecting his ability to float. Updates, or refreshers, are similar to a well baby pediatric check up; they allow your instructor to readjust the float position and keep your child's swimming skills sharp. Your child will retain most of what he learns after being out of the water for up to a year. However, he will likely lose his self-confidence if he is out of the water for so long. **Experience indicates that children 12 months and older who participate in our group classes immediately following initial lessons and continue for a year seldom require refresher lessons.** However, without the opportunity to swim with our instructors, you may find that your child will cry, cling and refuse to use his skills. **DON'T PANIC!** He has not forgotten all. After only a few days of brush-up lessons, all will be well. Children have many fears, some which stem from a lack of confidence. During refresher lessons, they will soon regain the needed confidence and know they **CAN** do it! Have patience.

10. WHAT OTHER CLASSES ARE OFFERED?

STROKES N' FLOATS is a program designed to introduce beginning elements of freestyle and backstroke to accomplished 4-5 year olds. These 30 minute group classes meet once a week and combine simple drills and activities with equipment used in **FUNDAYS**. This class is the ideal way to introduce strokes to our pre-school students.

STROKE SCHOOL is our advanced program for older, experienced students teaching the four competitive strokes: freestyle, backstroke, butterfly and breaststroke. The timeframe for this

varies with each child, but typically occurs between the ages of 5 and 7 years. **All stroke classes have a maximum of 4 students per instructor.**

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

Tuition for private lessons is \$80.00 per week. There is a six week minimum registration (\$480). Registration is a one-time process, and the non-refundable registration fee of \$100 (\$50 for siblings registered at the same time) is payable to your instructor along with six weeks' tuition before your child begins lessons. The total amount due, including the \$100 registration fee is \$580. If your child is ready to advance into group class in less than 6 weeks, the balance of the tuition paid for private lessons will be applied toward group class. If you need to make other arrangements for payment, please feel free to discuss this with me. Visa and Master Card are accepted for tuition. Please pay registration fee with a check to Infant Aquatics.

12. 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. These funds, would, however, stay on your record and you could use them at any time in the future. The reason the instructor places this firm financial responsibility on you is that the initial training period is a very critical time of adaptation to a new environment, instructor, and technique for you and your child. It can be a time of very low self-confidence in the water because the child has not had time to acquire and perfect his/her skills in the aquatic environment. If the child's lessons are terminated during this time, the foremost thing the child will remember about the water is that lack of self-confidence in and around water. One of our instructors' specialties is working with children with water fear problems, and the instructor does not want to be involved in putting a child in that situation. Therefore, **make sure that this program is for you** (we know it is for your child) **before you register**, then stay with it and support your child in every way until he/she is skilled and ready to participate in group classes.

13. ABOUT THE POOL

- a. No food or drink in the pool area;
- b. No running around the pool at any time by anyone;
- c. Please be considerate when parking your car.
- d. Do not park directly in front of the door; we need to keep it clear for stroller access and deliveries.
- e. Children who are not toilet trained must wear a reusable swim diaper in the pool. **Please take used diapers with you!**

14. IF YOU NEED TO TALK WITH YOUR INSTRUCTOR

If you need to contact me during lesson hours, call **my cellular phone, (970) 314-8000**. If you have questions for your instructor that require more than a minute between lessons, call **my home phone, at (720) 494-7784**, and I will be happy to speak with you. If you ever have any questions or concerns, please feel free to call me at home or on my cell. I want this program to be a positive experience for everyone involved!

**INFANT AQUATICS
PARENT/GUARDIAN AGREEMENT**

As evidenced by your signature, you agree to the rules listed below as a condition of your child's IAS swimming lessons.

- A. Safety before and after lessons is your responsibility. The pool owners and I assume **NO** responsibility for the safety of your children, your visitors, and/or you. Watch your children and remember you enter the pool-owners' property at your own risk. It is your responsibility to inform your visitors of all rules.
- B. Lessons are four (4) days a week (Monday through Thursday). **Please remember that you are paying for a time slot, not for individual lessons. You will be charged for any missed lessons since I am charged for the pool time.** If you know you will miss a lesson, please call me as soon as possible. If I have to cancel a lesson for some reason (holiday, personal reason), I will arrange a make-up lesson.
- C. Please have your child ready for her scheduled lesson at least 10 minutes in advance. If you are late, I will do my best to fit you in whenever possible, but realize that you may have a shortened lesson.
- D. After each lesson, please fill out the comment chart kept in your child's file in the box at the pool. Record the date and any comments made by your instructor.
- E. For safety reasons, please sit your child on the pool edge and hold onto him until the instructor takes him into the pool. At the conclusion of the lesson, the instructor will place him on his mat at the pool edge. We will not let your child walk to you. This is to avoid an accident on the pool deck. Before and after lessons, your child is your responsibility.
- F. It is critical to bring a positive attitude to each lesson. We can teach your child skills, but it is your support that will most affect her attitude and progress. I have observed that children do much better when parents are involved and cheer as they acquire and develop new skills. I cannot over emphasize the importance of your support.
- G. It is also important to know the appropriate time to clap and cheer. Sometimes what the instructor is looking for during lessons is different from what might look good to you. If we together show approval for the same things, it will help your child feel successful and increase her chances of correct swimming behavior.
- H. There is no food or drink allowed in the pool area.
- I. **Do not leave any diapers in the trash in the pool area or locker rooms. Take them with you!**

I have read the Parent Handbook and I understand and accept my responsibilities.

Signature

Date