



**Infant Aquatics South Metro
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.**

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*** Please bring completed signed copies of the Parent Guardian Agreement and Wavier and Release forms with you to your first lesson.**

Program Outline

Private Survival Swimming Series

Infant (6 - 12 months)

\$20 per private 10 minute lesson | 16 lesson commitment | \$100 one-time registration fee
This 4-week program teaches infants six to twelve months to roll over from a face down or submerged position onto their backs to float, relax and breathe. Lessons are one-on-one, 4 days a week, Tuesday through Friday. Each lesson is 10 minutes long, for 4 consecutive weeks.
Total Cost: \$420 for a 4 week session

Toddlers (12 months - 4 years)

\$20 per private 10 minute lesson | 24 lesson commitment | \$100 one-time registration fee
This 6-week program teaches toddlers who are walking and young children the swim-float-swim sequence. Children will learn to swim a short distance by kicking, with their face fully submerged, roll onto their back to float, rest, and breathe. Then, flip back onto their tummy and continue to swim. The swim-float-swim sequence serves as the foundation for future stroke development.
Lessons are one-on-one, 4 days a week, Tuesday through Friday. Each lesson is 10 minutes long, for 6 consecutive weeks.
Total Cost: \$580 for a 6 week session

Children (4 years and up)

\$40 per private 20 minute lesson | 12 lesson commitment | \$100 one-time registration fee
Because older children have more stamina and longer attention spans, their private one-on-one lessons that are 20 minutes long, 2 times a week. Children will learn to perform the swim-float-swim sequence in preparation for introductory stroke techniques.
Lessons are one-on-one, and are offered 4 days a week Tuesday through Friday. Each lesson is 20 minutes long, for 6 consecutive weeks.
Total Cost: \$580 for the 6 week session

Individualized Private Swimming Lessons

Children (4 years and up)

You know your child and their learning style best! Some children need the time and space to work at their own pace to master a skill. Swimming is no different. Because we offer private one on one lessons, we are able to offer more individualized lesson plans as well. Using the

basic scope and sequence of the swim-float–swim method we can individualize lessons to move at a slower pace for those children who are feeling more tentative about learning how to swim. Please contact Emilly directly to discuss your individual situation and set learning goals for your child.

The time commitment and frequency for these lessons are unique to the learning goals, set prior to the beginning of the lessons. In addition to a one time registration fee the per lesson price is as follows...

10 min lesson is \$20 per lesson | 15 min lesson is \$30 per lesson | 20 min lesson is \$40 per

Baby & Me

Infant to Toddler (6 months - 2 years)

Our introductory parent child class, Baby & Me provides a more relaxed form of entry into the Infant Aquatics South Metro program. In these 20-minute classes, children experience the fun of water exploration in a relaxed group setting. Parents, grandparents, and caregivers interact while singing and playing together with their children in the water. The teacher will lead caregivers in group activities with their children, as well as offer a few minutes of one-on-one instruction. During this time we introduce the basic skills of breath control, submersion, and floating to each child. There must be one adult for every child who attends the Baby & Me class. Classes are 20 minutes in length. There needs to be at least 4 participants for these classes to be scheduled.

If there is not currently a Baby & Me class that meets your availability we can often create a new class. This class could be with you and your friends! Please contact us if you have 4 interested parties and a few times that would be most convenient for you and your group.

\$20 per 20 min group class | 5 week class session | \$25.00 registration fee per session.

Should you decide to enroll your child in private survival lessons upon completion of the group class this registration fee will be discounted from our typical one time registration fee of \$100 for private lessons.

Total cost is \$125.00 for the 5 week session

*All children under the age of 3 who are not fully potty trained are required to wear a reusable swim diaper. We have these available for \$15.

Updates or Refreshers

Occasionally, your child may need an update, 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 or her 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 or she learns after being out of the water for up to a year. However, your child will likely lose self-confidence if they are out of the water for so long. **Experience indicates that children 12 months and older who continue in once a week private lessons immediately following initial survival series 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 or her skills. **DON'T PANIC!** They have not forgotten everything. 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.

Important Policies and Procedures

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.

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, 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.

Visitors are welcome to observe lessons. It is best to check with the instructor to determine how this might affect your child's progress. It is your responsibility to explain all rules and regulations of the pool facilities to any visitors or caregivers. 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.

Unfortunately, we cannot allow you to take any photographs or video during our group classes that include any children other than your own. As a courtesy please consult with your instructor before, photographing or filming your child's private lesson. Sometimes this added attention can disrupt your child's lesson.

You assume all responsibility in explaining the rules and regulations of the pool facilities, and policies and procedures to any visitors or caregivers.

Registration, Tuition, and Payment Policies:

Registration fee:

All new students enrolling in our program are asked to pay a onetime registration fee of \$100.00, not to exceed \$150.00 per family. It is common practice in our industry to charge a registration fee. We have chosen to make this a onetime fee, instead of an annual charge. The registration fees are used to cover insurance and administrative costs. Insurance premiums are often linked to the number of students enrolled in the program and can fluctuate from year to year.

Tuition and Payments:

Tuition payments for the current session are due, in full, on the first day of your child's lesson. We currently accept cash and checks. We understand that there may occasionally be times that families need to make alternative payment schedules. Please contact me and we can discuss your needs on an individual basis.

Sessions may vary in length based on the age of your child, frequency you attend, and holiday schedules.

Cancelations, Missed lesson, Make-up, and Refund Policies

It is helpful if you arrive a few minutes before your scheduled lesson time. This allows sufficient time to have your child ready to go into the water, without rushing at the scheduled time.

Running Late:

If you are running late, the instructor will try to fit you in whenever possible, but your lesson time might be shortened. If you are running late it is always helpful to call or text your instructor and let them know. I can be reached at 720-215-8849.

Advance Cancelations:

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.

Cancelation due to Illness:

If you are unable to come to a lesson due to illness or other reasons please call and leave a voice mail or text me at 720-215-8849. If you cancel a lesson you will be charged for the missed lesson, even with advanced notice. Each session we do our best to offer a limited number of make-up lessons. However the lessons may be offered at a different time or day than your regularly scheduled lesson. We do not guarantee that you will receive a make-up lesson.

In an effort to keep everyone healthy, please keep your child home if they have had more than two episodes of diarrhea within 24hours, have a fever, or have been diagnosed with a contagious illness such as pink eye, or Strep. Please consult your child's pediatrician to see when it is recommended that they return to lessons. If your child has a low grade fever associated with teething or general cold symptoms, it is typically ok to participate in lessons. Please inform your instructor if your child is teething, as this can temporarily alter your child's center of balance.

*** A no show/no cancel student is not eligible for a make-up lesson.**

Instructor Cancelations due to Personal Reasons or Weather:

Occasionally, an instructor may be ill or have to cancel lessons due to personal reasons. Every effort will be made to have a substitute instructor conduct lessons for that day. If we have to cancel lessons that day, we will offer a makeup class to all students affected by the cancelation. In the event of inclement weather, we will not conduct lessons if Littleton Public Schools are closed due to weather. We do not follow a delayed start schedule. Unless Littleton Public Schools are canceled we will follow our typical daily schedule.

Make-up Lessons:

A limited number of make-up lesson times will be available each session on a first-come, first-serve basis. It is not guaranteed that you will be able to schedule a make-up lesson, especially if your child misses more than one lesson per session. Make-up lessons may be offered at a different time and or day than your regular lessons.

***You are responsible for payments for all of the lessons in the session that you register for regardless of your attendance.** Consistency is a very important ingredient of the program. Steady attendance will increase your child's rate of progress.

Refunds:

We do not offer refunds. We take great care to provide our customers with the class they need, at the time that they prefer. Once a student has reserved a lesson or a spot in a class, that spot is no longer marketable and considered sold. Please do not start your child in this program unless you fully intend to complete the entire learning process. 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 or 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 or she is skilled and ready to participate in group classes, or continue in once a week private lessons.

10 Ways to Prepare Your Child for Their Swimming Lesson

1. For your child's safety, and as a courtesy to everyone else, all children who are not "potty trained", or under the age of 3 must wear our snugly fitting, reusable, cloth swim diapers over a regular disposable swim diaper, during lessons. These are available for purchase for \$15. Disposable swim diapers alone are ineffective in preventing pool contamination. One incident of pool contamination will close the pool for 24 hours.
2. Please take all diapers home with you. I am charged \$20 per diaper that is left in the trash at the pool! It is helpful to pack a wet bag or extra plastic bags along with your swimming things to put wet suits and diapers in after each lesson.
3. Swimsuits and rash guards are optional. We recommend that children wear a wetsuit to keep them warm in the water. We provide a few wetsuits at the pool for you to borrow. Should you want to purchase a wetsuit, they are available for \$40.
4. Please use the bathroom and or dressing room to get your child ready for their lesson or dressed after their lesson. Please do not undress your child on the side of the pool. Should they have had an accident it could contaminate the pool.
5. Please allow your child the opportunity to use the bathroom prior to their lesson. This will help minimize any disruption to their lesson.
6. If your child has long hair, try to braid it, tie it back, use barrettes or a swim cap to keep the hair out of their eyes. We have swim caps available, should you need to purchase one.
7. Please do not plan on wearing goggles unless previously discussed with your instructor.
8. Bring two large towels. One is helpful to wrap your child in after their lesson leaving the other to dry off with when dressing.
9. We find it very helpful to allow enough time in your schedule following lessons to dry your child's hair and dress them warmly, especially in the winter months, so that you do not have to rush a cold, wet baby or child outside.
10. For your child's comfort, please do not allow them to have anything to eat or drink, with exception of clear liquids or breast milk, 2 hours prior to their lesson. It is common for children to swallow some air and some water over the course of their lesson. If there is undigested food in their stomach when this happens, the food will come out with the air and the child will spit up in the pool. This will be a problem if your child spits up undigested food. However, if you

follow the suggested guidelines below, the pool filtration system will clear the pool quickly. 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 before the lesson will help.

Breast milk, Rice Dream, toast and cereal (without fruit, nuts, butter, or spreads) may be given two hours before a lesson. **PLEASE DO NOT ALLOW FRUIT, VEGETABLES, MEAT OR MILK PRODUCTS FOR SIX HOURS BEFORE THE LESSON, THIS INCLUDES FORMULA, MILK, EGGS, CHEESE, BUTTER, AND YOGURT.**

What to Expect During the Initial Stages of Learning

An instructor will not rush a child, nor allow the parents to do so. Children all progress at their own rate. The following is only a general guideline for what we have observed to be true with children who we have taught in the past. When children participate in the recommended 4, 10-minute lessons per week, it typically takes toddlers and young children, 12mos to 4 years, 6 weeks to learn the swim-float -swim sequence. Because older children have more stamina and longer attention spans they are capable of coming to longer lessons, fewer times per week, to achieve the same goal.

Younger infants, 6 to 12months, who are “floaters” take less time initially, 4 weeks, because they are learning only a part of the swim-float-swim sequence. Infants who continue with once a week lessons following the initial survival swimming series will require less time to learn the complete swim-float- swim sequence as toddlers. We ask you to please keep in mind that each child will learn at their own pace based on their individual development and comfort. We feel that attending frequent short lessons allows your child the time and structure to learn and practice their swimming skills. They are able to build upon skills learned the previous day and will become confident in their abilities much more quickly. Although crying before or during lessons is typical especially, for the first weeks, children who attend lessons more frequently typically take less time to adjust to the routine and enjoy their time in the water. We understand that this is a time commitment, but know you will be amazed by what your child is capable of doing.

The first few days of lessons are an adjustment period for new students. Physically, they are working their entire body in a new way. It is typical for children to have an increased appetite and need more rest, as a result of participation in swimming lessons; especially, as their body adjusts to their new routine. Emotionally, we have found that the concern about coming to lessons peaks somewhere between the 3rd and 6th lesson. They began to trust the teacher and understand the scope and sequence of the lessons. They move from being fearful of the unknown, to the realization that they can now do things they previously thought were challenging.

Children who are 2 years and younger may take longer to adjust to the new environment. Their verbal skills are limited. Therefore, they are much more likely to express their feeling through crying throughout the course of the training. Please remember that not every cry means “I’m afraid.” A child may cry because they want candy for dinner, or because they don’t want to go to bed, etc. If your child is one who continues to cry beyond the 6th lesson, please watch for the type of cry, or complaint, and try to see what they are trying to communicate.

Some children will cry when they arrive at the pool or just before their lesson. This may be because the child wants to maintain contact with the parent and/or has associated the

instructor with work. To achieve success in a new skill, there will be days when you need to work, even when you would rather sit on the sideline and watch instead. A contact cry of this type will usually drop in intensity as soon as the child is actually in the water and the work has begun. Sometimes, a child may cry during their lesson. The child has learned the general sequence of the lesson. When we introduce a new skill, a child may be fearful and cry about having to work on a skill that they are not comfortable doing. Even as adults, we tend to avoid what we are not yet, good at or struggle with. Once they are confident in their newly acquired skill, the crying will stop.

Please rest assured that our instructors are calm, caring, and compassionate. We strive to acknowledge your child's emotions and gently guide them through their fear and lack of self confidence in an aquatic environment. It is our goal that over time all children develop a confident attitude towards their swimming abilities.

Help Your Child Experience Success

We understand that it can be difficult to see and hear your child cry or be distressed. It is natural to want to help them in any way possible. Your children will take cues from you and your attitude. If you are uneasy and nervous, they will be too. The following are some tips we have found most successful to positively support your child as they learn to swim.

1. You are your child's number one fan! Your positive support and encouragement of their efforts is the ultimate reward. This can be done by clapping and giving verbal praise during and after the lesson. Make your comments as specific as possible i.e., "Nice resting on your back."
2. Communicate your child's feelings to the instructor as specifically as possible. This way, we can help the child deal with their concerns. Please do not promise your child that they will not have to do a skill. We find that this may reinforce their fear about performing a particular skill.
3. Talk to your child about their lessons: "What was easy today in lessons? What was hard?" Remind them that the more they practice a skill, the easier it will become.
4. It may be helpful to watch some other lessons. When you see another swimmer doing something your child is capable of, you may point out, "You can do that too!" If you see another swimmer doing something they are struggling with, remind them that if they keep practicing, it will become easy for them too. If you see a swimmer doing something your child has never done say, "You will work on that some day when you are ready. And, it will become easy too." Examples of these skills might be: putting their face in the water to pick up rings, floating without help, rolling onto their backs to breath.
5. Talk with your child about other successes they have had and how they had to work to develop the skill. Maybe even show movies of them learning to stand, walk, use a fork, or other things that are easy for them now.
6. Some children enjoy made up songs and sing together on the way to and from swimming. Change the song to fit the situation.
7. Let your child pretend to be the swimming teacher with toy people in the tub or, with stuffed animals on the couch. This lets them feel in control and you may learn by listening where their biggest concerns lie.
8. Once your child has learned to swim, please continue to reinforce positive swimming behaviors. Avoid allowing them to swim in a floatation device, such as water wings or swimming suites with built in floatation panels. It causes poor body orientation.
9. You play a big part in making this a positive experience. Consistency is a very important ingredient of the program. Steady attendance will increase your child's rate of progress. Even if

your child is not yet verbal, they understand what you say, and also HOW you say it. These lessons are individualized to meet the needs of each student. So, please communicate any concerns that you may have. Let's work together to help your child experience success!

If you need to contact me during lesson hours, please call my cell phone, 720-215-8849. If you have questions that require more than a minute between lessons, please don't hesitate to call and leave a message or write a note in the parent communication book by the pool. I will return your call as soon as possible. You can also e-mail me at ekays@infantaquatics.com. I want this program to be a positive experience for everyone involved

INFANT AQUATICS SOUTH METRO PARENT GUARDIAN AGREEMENT

As evidenced by your signature, you agree to the rules listed below as a condition of your child's swimming lessons with Infant Aquatics South Metro.

- 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.
- **Please remember that you are paying for a time slot, not for individual lessons. You will be charged for all lessons in the agreed upon session regardless of attendance. Please review section Important Policies and Procedures on page 5, for specific details.**
- **For your child's comfort, please do not allow them to have anything to eat or drink, with exception of clear liquids or breast milk, 2 hours prior to their lesson.**
- Please do all dressing and undressing of your child in the bathroom or designated changing room. This includes putting on and taking off of wetsuits and diapers, to avoid any pool contamination.
- All children under the age of 3 must wear our snugly fitting, reusable, cloth swim diapers over a regular disposable swim diaper during lessons.
- 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.
- Photographs or video during our group classes that include any children other than your own are prohibited. As a courtesy please consult with your instructor before photographing or filming your child's private lesson.
- 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 his or her attitude and progress

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

Signature

Date

INFANT AQUATICS SOUTH METRO WAIVER AND RELEASE

Please read carefully and be aware that in registering your minor child for participation in this program, you will be waiving and releasing all claims for injuries you or your child might sustain as a result of participation in any class or activity conducted by Infant Aquatics South Metro.

As a parent/guardian of a participant in Infant Aquatics, I recognize and acknowledge that there are certain risks associated. I agree to assume full responsibility of any injuries, property damage, or loss, which I, or my minor child, may sustain as a result of participating in any and all activities connected with or associated with Infant Aquatics South Metro.

I agree to indemnify and hold Diving Days INC dba. Underwater Phantaseas harmless from any liability resulting from the use of premises and waive and relinquish all claims against Diving Days INC dba. Underwater Phantaseas and their respective owners, that I or my minor child may sustain as a result of participating in any Infant Aquatics South Metro program.

I also agree that any photos or videos taken of my child may be used in Infant Aquatics promotions.

I have read and fully understand the above waiver and release of all claims, and it shall not be modified orally.

Participant's Name

Signature of Participant's Parent or Guardian

Date