

Please read carefully as there is important information regarding your child's lessons.

WELCOME TO INFANT SWIMMING RESOURCE

LESSON GUIDELINES & POLICIES

IMPORTANT LESSON INFORMATION-PLEASE READ CAREFULLY AND INITIAL EACH ITEM. SIGN AND RETURN TO YOUR INSTRUCTOR PRIOR TO YOUR CHILDS FIRST LESSON. A PHOTO COPY WILL BE PROVIDED FOR YOUR RECORDS.

___ 1. Parent Resource Book (PRB) - You should have already received your PRB as a part of the ISR welcome package. The PRB should be read in its entirety. This book will answer most of your questions and educate you about the approach used to teach aquatic survival skills.

___ 2. B.U.D.S. stands for bowel, urine, diet, and sleep. This information is essential to ensure the safest possible lesson for your child. This information could alert the instructor to problems or potential problems that could interfere with lessons. **Both the poolside BUDS and FULL BUDS must be presented to the instructor before each and every lesson.** Your child's safety is top priority, for this reason we CANNOT swim your child without the BUDS. Remember, if someone else will be bringing your child to class (grandparent, babysitter, etc...) they MUST bring the BUDS with them. The FULL BUDS is for children 31 months and younger or if directed by the RET team. They can be downloaded after registering.

___ 3. Diet: **Please do not allow your child to eat or drink anything 1 1/2 hours prior to lessons. No dairy products 2 hours prior (milk). ALL APPLE PRODUCTS MUST BE REMOVED FROM THE CHILDS DIET FOR THE DURATION OF LESSONS.** Please read Chapter 2 in your PRB for more dietary guidelines.

___ 4. Attendance Policy: Consistency is crucial when learning survival-swimming skills! Bringing your child everyday will increase the rate of progress and retention of skills. Lessons are not pro-rated and you are required to pay for all scheduled lessons. **No credits will be given for days missed due to car trouble, over sleeping, dog ate my BUDS sheet, etc... If your child has an extended illness (more than 3 days), you will be given make up days.** All make up days must be used within the same calendar year and cannot be carried over to the following year. Lessons cancelled by the Instructor (for Instructor illness, weather, vacation, holiday, etc.) are not charged and will be credited back to you. If you have a planned vacation, please feel free to discuss it with me at least 2 weeks ahead of time.

___ 5. Tuition: All ISR lessons are \$80.00 per week/per child. Tuition is payable by CASH only to be placed in an envelope. Please write your name and child's name on the outside of an envelope. Receipts are available upon request. Also, payment is due on the Monday of the lesson week.

___ 6. Attire: ISR requires 2 layers of protection to be worn at all times by children who are not potty trained. This can be a disposable swim diaper covered with a reusable swim diaper like the kind supplied by ISR. It is cheaper to buy another reusable swim diaper along with the ISR one and these can be found in stores like Target, Walmart, and Pinch a Penny. They work better than the disposable ones. A swimsuit may worn be over these 2 layers but does not count as a layer. Please keep your child's fingernails trimmed and hair pulled back securely for girls.

___ 7. Time Schedule: In order to prevent a "traffic jam" at the pool, please do not arrive more than 5 minutes prior to lessons and have your child ready for his/her time slot. With lessons only 10 minutes per day it is very easy to get behind schedule. Out of respect for other parents, please do not be late. Being late will cut into your child's learning experience and shorten the lesson for the day. When the lesson is finished, your child has rested, dried off, and dressed please depart promptly to make room for arriving students.

___ 8. Towels: ISR requires 3 towels per child every day. 2 towels to lie on and 1 to dry off with. Your Instructor will place your child on his/her left side to allow for air release and proper rest. *On cooler Spring and Fall days, please bring warm clothing for after lessons.

___ 9. Video/Photographs: ISR is a great opportunity for the scrapbook! Videotaping and taking photos are allowed every Friday. Feel free to email me your photos, I love them too!!

___ 10. Adverse Weather: If it is raining hard or there is thunder and lightning in the area, we do not swim. During the rainy season, it's a good idea to call first. I always keep the phone poolside. If I do not answer, I am with a student and will return your call within 10-15 minutes. I will also make every attempt to call you if a lesson is cancelled due to weather. I will also attempt to reschedule the lesson later that day if possible. (for the outside pool only)

___ 11. Sibling/child supervision: Please keep all children that are not having a lesson seated and as quiet as possible. Do Not allow them in or near the water. It is distracting to the Instructor and student not to mention unsafe.

___ 12. Outside Lesson Pool Time: Although your child's ISR training may appear simplistic, every movement by your ISR Instructor is calculated. ISR technique is proven to be the best in the world! Please do not attempt to "work" with your child in the water outside of lessons. It will disrupt the shaping process of the skills being introduced. Working with your child outside of lessons almost ALWAYS requires extended lessons.

I HAVE READ THE ABOVE GUIDELINES AND I AGREE TO FOLLOW THEM. I ALSO
ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT.

Print Student(s) Name(s)

Date

Parent Signature

Print Name

Date

Parent Signature

Print Name

Date

If for any reason you have a concern or question throughout lessons please feel free to call or email me any time. We are partners in your child's aquatic safety and together we make this a safe and pleasant lifelong in water experience.

Thank you again for choosing ISR!!