

## Lessons Guidelines and Parent Information

Dear parents,

Thank you for enrolling your child in swimming lessons. Your commitment of time, energy, and resources speaks volumes about your dedication as a parent. Your active involvement is not only appreciated but also essential. Enjoy the upcoming journey you and your child are about to embark on. My hope is that your child will acquire crucial skills, and you, as a dedicated parent, will gain invaluable insights into your little one.

It's important to note that no child should ever be considered "Water Safe" or "Drown Proofed." Vigilant supervision around water is necessary regardless of their training level.

My primary goal is to equip your child with problem-solving abilities in the water. Lessons will provide a secure and effective learning environment, significantly enhancing your child's foundation for a lifelong love of swimming. Please review all information provided carefully, and feel free to reach out for further clarification.

**What to Anticipate:** Our approach integrates survival skills within a comprehensive aquatic education, covering water acclimation, breath control, propulsion, and safety. The cornerstone of safety and survival for your child is the ability to roll back to float, enabling them to float and breathe indefinitely if needed.

For infants and toddlers, the technique of rolling into a face-up back float is crucial since they might not be able to raise their heads or tread water effectively if facedown in the water. Additionally, toddlers capable of walking can also learn to swim to the pool edge or step, mastering the technique of rolling over to breathe as required.

Living in an environment with so many bodies of water around here, it's imperative to empower your child early with the skills for safe water enjoyment.

**Your Responsibility:** Before and after lessons, your child's safety remains your responsibility. Maintaining a positive attitude during lessons is crucial. While I'll teach your child skills, your support profoundly influences their attitude and progress. Parental positivity significantly impacts a child's learning process. Your biggest job with the crying child is to present positive facial expressions. Your positive support is critical before, during and after swim lessons. I ask that you try and remain quiet for the lesson as we are setting the tone for your child learning to be independent in the water and away from the parent.

This can be hard when a child is crying, but in a real aquatic emergency, your child must need to rely on themselves for survival and rescue and not the parent as you may or may not be there if an accident occurs.

Please do not start your child in this program unless you fully intend to complete the entire learning process. This is an intensive 6-7 week program. 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. Therefore: make sure that this program is for you, before you register; then stay with it and support your child in every way until he/she is skilled.

**Swimming Programs:** Our programs focus on teaching specific swimming skills tailored to different age groups, from rolling back to float for infants to swim-float-swim sequences for older children. Each program has its duration and skill set aimed at nurturing your child's aquatic abilities.

All children will have a clothes check out. Full clothing will be worn in the pool during a lesson to insure your child can perform, then be tested on all the skills taught.

This sequence is done toward the end of the initial lesson phase of lessons.

**Maintenance and Refresher Lessons** Once your child has become skilled in swim, float, swim it is very important that they maintain their skills. As their bodies grow, their center of gravity shifts. This shift makes it hard for them to sometimes find their float. Maintenance lessons are suggested and can be as little as once or twice a week. If you are not able to make maintenance lessons you should schedule refresher lessons at least twice per year. Updates are needed; not because children 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. Refreshers are similar to a well-baby checkup; they allow the instructor to readjust the float position and keep your child's swimming skills sharp. Your child will retain most of what he/she learns after being out of the water for up to a year, however, will likely lose his/her self-confidence if out of the water for this length of time. After being out of lessons for a substantial length of time you may find that your child may cry, cling or refuse to use his/her skills. Don't Panic! Your child has not forgotten at all. After only a few days in refresher lessons, all will be well. Children have many fears, some which stem from a lack of confidence. During refreshers they will soon regain the needed confidence and know they can do it! Refreshers are conducted in weekly increments. Cost is calculated the same as your initial series of lessons.

Thank you for entrusting me with your child's swimming education. I am committed to ensuring a safe, enjoyable, and enriching experience for your little one.

Best regards, Katja