LESSON INFORMATION & POOL RULES - REBECCA PLETCHER, CERTIFIED INSTRUCTOR

Please save/print a copy for your records.

REGISTRATION: Registration fees are due at the time of registration and are **NON-REFUNDABLE**. The registration fee covers the cost of registration review and insurance requirements. The Registration Fee for new students is **$75** or **$35** for returning students, and is valid for the current calendar year**.** You will receive the link to pay for your child's first week of lessons once this registration packet has been submitted and a tentative time slot and start date have been confirmed.

LESSON PAYMENTS: Swim Safe Now® Lessons are **$85 per week** (CASH) or per child at my location. Or $90 for check or PayPal (https://paypal.me/rebpletch?locale.x=en_US) and Venmo payments. Lessons in your home require an additional fee. A $10 discount may be applied for siblings in lessons at the same time as well as for active duty military, law enforcement and first responders. Your first week's payment is due in advance via one of these methods once you register and schedule lessons as a deposit to confirm and hold your time slot and start date. Lesson fees cannot be prorated, as you are paying for a weekly time slot whether or not your child comes to all scheduled lessons. Lesson payments are due by **Monday** for that week. You are welcome to prepay for multiple weeks if desired.

LESSON CANCELLATIONS: Instructor cancellations including any pool closures, illness, inclement weather, or an emergency may be made up at the end of lessons or may be used as refresher or maintenance lessons through the end of current calendar year. Up to 2 lessons may be used as make-up days for parent cancellations.

ATTENDANCE: Lessons are 4 days per week, Monday - Thursday, for approximately 10-15 minutes per lesson (approximately 1 hour per week) for an **average of 5-6 weeks for infants learning to float and 6-8 weeks for children learning to swim and float.** All lessons are individualized to the unique needs of each child, so the exact number of lessons will vary. Each child progresses differently due to the different stages of development, personality, and coordination. Speak to your instructor regarding an estimated # of lessons for your child based on current age and skill level. Daily lesson end times are performance-based, not time-based, meaning the lesson will end on the student's best performance of the skill we are working on and before he/she becomes fatigued. Some lessons will be longer than others and lessons may be shorter in the beginning as a student is getting used to a new instructor and lesson environment.

Consistency is crucial to not only the learning process, but also to the retention of learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Missing lessons may result in adding weeks to the lesson set. Please let me know as far in advance as possible if you know of lessons

your child will be missing. Please also keep in mind that lessons are not prorated and you are expected to pay for all scheduled lessons.

Illness: Students who are experiencing fever, diarrhea, vomiting, open skin lesions, extreme congestion, head injury, new rashes or other obvious signs of illness or injury will be asked to stop lessons until the condition can be evaluated by the child's physician. Determination will be at the sole discretion of the Instructor. If there is any question or doubt about your child's health, please private message me on "WhatsApp" or call or text me @ (321) 223-6251 prior to lessons.

Extended Absence: Should there be an extended absence from lessons, please contact me so that arrangements can be made to reschedule your child's time slot and lesson dates. If your child misses lessons for 3 days due to illness and requires medical attention or is seen by a specialist due to a new medical condition, a physician's note will be required to resume lessons.

Schedule

For Lessons at my Home or Host Pool: Please arrive at the pool not more than 5 minutes before your time slot in order to have your child ready for lessons at his/her scheduled time. Due to a very full lesson schedule, your lesson cannot be guaranteed if you are not on time.

For Lessons at Your Home: Your child should be dressed and ready for his/her lesson at the designated lesson time. I have a very tight schedule and have designated a specific window of time to provide lessons in your home before I have to leave to drive to my next lesson. If your child is not ready for his/her lesson at our scheduled lesson time, our lesson will have to be shorter that day.

In Home Pool Conditions: When teaching lessons in your home, we must abide by the health and safety protocols required by Swim Safe Now®. This means that the pool chemicals must be properly balanced, the pool must be clear and free of debris and the water temperature must be maintained between 84-88 degrees F. If chlorine or PH levels are not within proper range: Free chlorine: 2 - 4 ppm/pH: 7.2 - 7.8 (ideal range of 7.4 - 7.6), we will have to cancel our lessons until those levels have been balanced.

Lesson Status: Everyone who will be bringing your child to lessons (parents, grandparents, caregivers, etc) should download the "WhatsApp" messaging app on their smartphone prior to beginning lessons and send me a message containing their name as well as the child's name and lesson time. WhatsApp will be used to communicate up-to-date lesson status and last-minute lesson cancellations or weather postponements. To use, just download the app and be sure I am listed as a contact in your phone. My cell is (321) 223-6251. Please send me a test message from the app so I can add you to the correct group for updates.

Adverse Weather: **Rain:** Unless it is raining very hard or there is lightning, we will swim. Because of the volatile weather in Florida, I will try to have lessons even if it means waiting a few minutes for a local storm to pass. Keep in mind that it may be raining over you, but not necessarily over the pool area. **Cold:** If the weather at the scheduled lesson time is below 60 degrees F, we will not swim. Lesson status is updated on "WhatsApp" and I will make every attempt to contact you as far in advance as possible. Please make sure everyone who may be bringing your child to lessons has this app installed and has me in their contacts to stay updated on lesson status.

Restroom: Please have your child use the restroom at your home **BEFORE** lessons. “Going potty” at lesson time quickly becomes a habit or stall tactic and should not be reinforced in any way. Your cooperation is appreciated as bathroom breaks take away from our available lesson time. Some parents opt to carry a training potty with plastic shopping bags for liners for potty training purposes.

Attire: ***Swim Diapers:*** **Each child 3 years and younger, or any older child who is not fully toilet trained is required to be dressed in a washable, reusable swim diaper**. Please have at least 2 on hand in case one is soiled prior to your child’s lesson. The disposable swim diapers such as Huggies "Little Swimmers" may be worn as a liner under the reusable diaper. They must be completely tucked in under the elastic so as not to break the elastic seal of the swim diaper. **Please DO NOT bring your child to lessons with extremely loose stools or diarrhea**. If your child is experiencing loose stools or diarrhea, please message me prior to lessons.

Sunscreen: If you choose to apply sunscreen, please do so at least 1 hour prior to lessons. Please use only the minimum amount necessary, and make sure it is rubbed in well. This will help to ensure that the sunscreen has been absorbed enough to be effective against sunburn, and that your child isn’t too slippery for your Instructor to handle, won’t get rubbed into their eyes and burn and won’t wash off and negatively impact the ph and filtration of the pool. Any sunscreen that has not been absorbed will be asked to be wiped/washed off prior to your child’s lesson.

Towels: Please bring at least 2 large towels each day (and at least 1 one per additional child). The first towel (doubled over) provides a comfortable surface for the child to rest on after they are done with their lessons and also acts as a germ-buffer on the pool deck and the second to warm and dry the child. If your child cannot comfortably fit on one large towel when doubled over, bring 2 towels to lie on and 1 additional to dry off with.

Diet: Please do not give your child anything to eat or drink (except water) at least 1.5 hours prior to lessons, and no dairy/milk products for at least 2+ hours prior to lessons. No one works well on a full stomach, and your child will be working hard. Please **do not feed your child any APPLES OR APPLE PRODUCTS** in any form for the entire duration of lessons as they tend to cause excess gas and vomiting when combined with swimming. Other foods to avoid are pineapples, papayas, passion fruit, peaches, spinach, honey, or celery. These foods can cause the buildup of gases in the abdomen leading your child to experience distention and discomfort.

Crying: Most infants and young children take some time to feel comfortable around new people. A small child who is not yet verbal or has not mastered verbal skills, communicates most often by crying. Crying is a normal and expected way of communicating for children at this point in their development.

In a new environment such as swim lessons, we frequently see new students cry more during the first few lessons (and sometimes beyond that) because the child is not yet skilled in the water and is communicating that he or she is not yet comfortable. Your Instructor will spend time talking to you and supporting your child through this learning process. As the lessons progress and your child becomes more skilled with each passing lesson, the emotions and feelings of uncertainty for both you and your child should be replaced by feelings of confidence for hard work and accomplishment.

Your Instructor received extensive training in child development and is able to pick up cues and to be

acutely aware of your child's sensitivities to the lesson environment and to develop an individualized lesson plan. The goal is to develop a skilled and confident aquatic problem solver. Once competent in their skills, many children cannot be dragged away from the pool. They are having entirely too much FUN!

How can you help? Parental attitude is the single most influential factor in regard to crying. Your little one will be looking to you for reassurance and how he or she should react to lessons. Take cues from your Instructor for when to cheer. Your Instructor will be focussed on reinforcing specific behaviors during each lesson, so when you hear them say something like “Great job kicking your feet!”, that is the perfect time to chime in and verbally reinforce that behavior as well. This will also help your child focus more on the skills he or she is working on, rather than crying. Be a great cheerleader and project a positive attitude before, during and after lessons and discuss any concerns with your instructor away from the pool.

Video/Photographs: Videotaping and pictures are only allowed on Thursdays, first lesson and final checkout lessons. This can be distracting to your child and instructor during daily lessons. Thursdays are preferred because we are generally practicing skills that have already been mastered during the week.

Posting Video/Photographs on social media: I highly encourage you to post and share your lesson pictures and videos. I just ask that you ask for my permission prior to posting or tagging me in your post. We also encourage using hashtags to help share our message! Some examples are #swimsafenow #swimfloatswim #swimlessons #survivalswimlessons, etc.

Floaties: Children who have become accustomed to using devices like “floaties” or flotation swimsuits, Puddle Jumpers, vests, rings, etc, have become comfortable in a completely different posture in the water than what is required to learn to effectively swim and float. These devices hold the child up vertically in the water, while swimming and floating require a horizontal posture in the water. Thus, it’s not uncommon for children who have had this type of exposure to the water to need more lessons, rather than fewer.

While a coast guard-approved life jacket is required by law while boating and is a great safety measure in case of an accidental fall when around water, in order to maximize success in lessons, please be aware that swimming in any type of floatation device (Ex: Puddle Jumpers, vests, water wings, noodles, rings, etc) make it harder to teach a proper face-in, horizontal swimming posture and tend to make lessons more difficult and because they are used to the false sense of security and vertical muscle memory these devices create, so please try to limit or discontinue practicing swimming in these devices if possible.

Pool Play: Watching your child learn how to safely enjoy the water is very exciting. While I know that you are anxious to get in with your child, I would like to ask that keep your child **out of the pool at home** as much as possible until a skill has been mastered. As skills are mastered, you will be invited to participate in lessons on Thursdays to learn how to correctly practice and reinforce these skills at home. This will ensure that unwanted behaviors are not accidentally reinforced at home which could jeopardize their progress in lessons and potentially undo skills they have previously mastered and end up requiring additional lessons to remediate.

Questions: It is very important to me that any concerns that you may have are addressed. I am here to answer any questions you may have. It may be difficult to talk poolside because of the schedule, but I am happy to make myself available for you at a later time. I want you to be comfortable every step of the way. Parents and their children in lessons will be my first priority when returning calls. I am happy to discuss

with you any questions or thoughts that you have with regard to your child's lessons. You can reach me by e-mail: aquasafekids@gmail.com or by text, phone, or WhatsApp at (321) 223-6251.

Thank you again for choosing ASK/Cocoa Beach Swim School and Swim Safe Now® Lessons. I look forward to working with you and your family, and I hope that you will be as amazed by our program as I am by my students on a daily basis!