



LESSON INFORMATION & POOL RULES - ANDREA CAMPBELL, CERTIFIED INSTRUCTOR

Please save/print a copy for your records.

Thank you for choosing Swim Safe Now Swimming Lessons. I am looking forward to working with you and your family! Please let me know if you have any questions regarding any aspect of lessons prior to registering your child for lessons.

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 FEES: Swim Safe Now lessons in Palm Bay are **\$90 per week** per child, payable via Venmo, cash, or check. After registration, your first week's payment is due in advance as a deposit to confirm and hold your time slot/start date. A **\$10** weekly discount will be offered for siblings in lessons at the same time. Unfortunately, the fee for lessons 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 on **Thursdays** to secure your time slot for the following week. 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 year. Up to 2 lessons may be used as make-up days for parent cancellations.

ATTENDANCE POLICY: Consistency is crucial to not only the learning process, but also to the retention of learned skills. **Swim Safe Now Lessons are 4 days per week, Monday - Thursday, for approximately 10-15 minutes per lesson for an average of 6-8 weeks** depending on age and development. 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. I am aware that your family's calendar is dynamic,

therefore, please let me know as far in advance as possible if you know of lessons your child will be missing. I want to do everything I can to make sure your child's lesson experience is second to none. Please also keep in mind that lessons are not prorated and you are expected to pay for all scheduled lessons.

SCHEDULING: Once you have completed this packet along with the Swim Safe Now registration, please contact me to schedule a tentative start date and time slot. Feel free to contact me regarding current availability prior to registration. My schedule fills quickly and I work from a waiting list throughout most of the year. Once my current schedule is full, students are placed on a waiting list based on order of registration. As students complete lessons, openings are filled from the waiting list.

LESSON STATUS: Everyone who will be bringing your child to lessons (parents, grandparents, caregivers, etc.) should have my phone number and send me a text containing their name as well as the child's name and lesson time. A quick text is the fastest and most effective way to communicate up-to-date lesson status and last-minute lesson cancellations or weather postponements. My cell is (321) 298-5545.

ADVERSE WEATHER:

Rain: Unless it is raining very hard or there is lightning, we will swim. 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 my Swim Safe Now South Brevard FB Page and/or via text message. I will make every effort to update you as far in advance as possible.

RESTROOM: Please have your child use the restroom at your home BEFORE coming to lessons. "Going potty at Mrs. Andreas" quickly becomes a habit or stall tactic and should not be reinforced in any way. Your cooperation is appreciated as I have to stop lessons, get out of the pool, and open up the house to let visitors in.

TRAMPOLINE: The trampoline is off limits. Please be sure to keep your child(ren) off of it.

SCHEDULE: I recommend arriving at the pool at least 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. If it happens

that you are late, I will do my absolute best to fit you in, but again, it cannot be guaranteed.

ATTIRE:

Swim Diapers: In-water potty accidents do happen, and due to the fact that we cannot continue with any lesson for at least 24 hours if the sanitation of the pool has been compromised, **Swim Safe Now requires that each child 3 years and younger, or any child who is not fully toilet trained 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. I sell iPlay brand washable swim diapers on deck for \$15.

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 at least 2 hours prior to lessons, and no dairy/milk products for at least 2-3 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.

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, call or text me @ (321) 298-5545 prior to coming to lessons to avoid a potentially wasted trip.

CRYING: As babies grow into toddlers, their mastery of physical skills (walking, running, swimming) develops much more rapidly than their ability to express themselves verbally and be completely understood. During this time their social development is focused on the security and attachment of the family. Most 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 lesson, 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 environment and is communicating that he/she is not yet comfortable. 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 receives extensive training in child development and is able to pick up cues as well as be acutely aware of your child's sensitivities to the lesson environment to develop an individualized lesson plan. The goal is to develop a skilled and confident aquatic problem solver.

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. Thursdays are preferred because we are generally practicing skills that have already been mastered during the week. I will periodically take underwater photos and videos. Be sure to complete the photo release below if you would like your child to be photographed/videotaped and receive copies.

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 pfd is required for children to wear while boating, any use of flotation devices while swimming DURING the time your child is enrolled in lessons will undermine and adversely affect your child's success in lessons and will inevitably cause him or her to require additional lessons to master skills. If

flotation devices are used AFTER completion of lessons, your child will likely revert to a vertical posture in the water, putting his or her skills at risk and requiring additional lessons to remediate. Please do not allow your child to use these devices and discuss with your instructor appropriate pool play activities that will encourage further development and not cause skill regression.

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 are 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: a.campbell@swimsafenow.com or by phone at (321) 298-5545.

Thank you again for choosing Swim Safe Now. 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!

Always remember there is no substitute for adult supervision. Swim Safe Now® strongly encourages a multi-layered approach towards water safety in your home and stresses that not even the strongest swimmer is drownproof.