



## LESSON INFORMATION & POOL RULES - HOLLY MELDER, CERTIFIED INSTRUCTOR

### 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 with Holly Melder are **\$100 per week (CASH)** per child. A \$10 discount may be applied for siblings in lessons at the same time as well as for **active** duty military, law enforcement, fire fighters, paramedics/EMT. Your first week's payment is due in advance once you register and schedule lessons as a deposit to confirm and hold your time slot and start date. 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**. You are welcome to prepay for multiple weeks if desired.

**Lesson payments are due on Monday of each week.**

**A \$10 late fee will be added for any payments received after Wednesday.**

#### Payment Options:

**\$100 per week cash OR**

**\$105 per week Paypal/ Venmo / Check**

**PayPal: (paypal.me/littlefishswim) Venmo: (@HollyMelder)**

Please place your cash/check payment in an envelope labeled with your child's name and payment amount and hand to your instructor. There are envelopes and pens provided on the shelf.

## LESSON CANCELLATIONS

Instructor cancellations ONLY will be prorated and subtracted from the next week's payment.

## ATTENDANCE POLICY

Consistency is crucial to not only the learning process, but also the retention of those learned skills. Bringing your child to lessons every day will increase the rate of progress and retention of skills. There are times when lessons may need to be canceled due to illness or weather, and while there are variables beyond our control, missing lessons may result in adding weeks to the lesson set.

As a mom of four, I completely understand that your family's calendar is dynamic, therefore please let me know as far in advance as possible if you know of lessons that your child will be missing so that I can shore up any skills that we are working on. This will also help with rescheduling lessons that might be missed. Please also keep in mind that lessons are not prorated and you will have to pay for all scheduled lessons. Lessons canceled by the Instructor due to Instructor illness, weather, pool closures, vacation, etc. will be rescheduled if necessary, at the end of your course, or credited back to you.

## LESSON SCHEDULE and DURATION

Lessons are Monday - Thursday, for approximately 10 - 15 minutes (*approximately 1 hour per week*) for an average of 6 weeks for infants learning to float and 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. 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 that day and before he or she becomes fatigued, safety always comes first. Please note that the first couple of lessons may be shorter as a student is getting used to a new instructor and the lesson environment. This is the time for building trust and not expecting too much too soon, thus causing stress for the student. That is not to say that he or she won't cry, crying for some students is normal and to be expected as they are in a new environment, with a new person and experiencing something completely new. This is especially true of littles who have their own pool at home. Many parents share with me that their child "loves" the water and being in the pool and they don't think their child will cry. While this may be true when they are at home playing and having fun, this changes for some when they are in a lesson scenario and are no longer in control of the pool time activities. Please remember that your child is young, it is difficult for them to understand the difference between "playtime" and "work time". If their previous in-water experience is playing and splashing, that is what they anticipate when they get in the water with me. This is also why I ask during the beginning of lessons to please keep your child out of the pool until we have shaped some skills that you can practice with them in the water. Due to their age and cognitive development, they get confused and can become increasingly upset if they are toggling back and forth between playing in the water at home and coming to lessons, they don't know what to expect or what is expected of them. As adults we can make that transition, they cannot. I am a mother of 4 and I want your child to enjoy lessons! I love to play and have fun with the children, it is important to blend both engaging with your child so they will have fun, but the overall goal and priority is to shape the skills necessary for them to be safe.

It is important to bring your child every day as this 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. Of course, in the event of illness, the safety and well-being of your child comes first.

Please also keep in mind that lessons are not prorated and you are expected to pay for all scheduled lessons.

## STUDENT HEALTH

Your child, like my own, are the most important people in the world. As parents we do everything that we can to protect them and keep them safe. As an Instructor,

your child's health is of the utmost importance. Our team has policies and protocols in place to ensure that your child is safe during lessons. This information is based on years of research and information provided from medical professionals.

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.

**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. Children who have missed more than 3 days due to illness, required medical attention for an illness or have been admitted to the hospital will require a physician's note to resume lessons. In addition, if your child is seen by a specialist due to a new medical condition, a physician's note will be required to resume lessons.

### Teething

Teething can begin as early as 3 months, but typically the first tooth starts to push through a baby's gum line between 4 and 7 months old. Many children have little or no problem with teething, while others may have significant discomfort. Usually, the pain with teething comes and goes and may seem to ease after several minutes. Most children have all 20 of their primary teeth by their third birthday.

Likely teething symptoms: Include increased drooling, restless or decreased sleeping, refusal of food, fussiness that comes and goes, bringing the hands to the mouth, mild rash around the mouth, rubbing or pulling the cheek or ear.

Unlikely teething symptoms: A slight rise in temperature may be normal, but true fevers or other signs of illness are likely caused by something else. Other symptoms indicative of issues present other than teething include fever (especially over 101 degrees), runny nose and cough, prolonged fussiness, rashes on the body or diarrhea.

There are times when a break in lessons may be necessary if teething is suspected to be causing lesson issues and/or delays in lessons.

The following is a list of protocols that our Instructors follow regarding teething:

- Lessons may need to be significantly shorter due to fatigue or

abdominal distention.

- Previously learned and stabilized skills may no longer be present, particularly breath control. Teething children may sip water or gulp air at the surface. Breath control is continually assessed and is our priority.

- The child might seem disoriented or distracted under water.
- Abdominal distention may come on rapidly and be difficult to relieve.
- Ear infections may come with teething due to swelling and drainage in the area. We are looking for changes in the daily health information provided by the parent and changes in the way the baby floats or swims. Listing (leaning) to one side or appearing disoriented underwater may warrant a visit to the pediatrician.

#### What can you do to help:

- Discuss health information with your instructor daily.
- If you opt to give your child an over the counter pain reliever, under the direction of your pediatrician, 1-2 hours prior has proven to be useful.
- Warm compresses to the neck area immediately prior to the lesson may help with comfort while learning the rotational movements in lessons.

If there is a lack of progress due to the loss of breath control, a break in lessons may be recommended.

Please remember that if your child is scheduled to swim and is not 100% that day, he or she should not be swimming. If he or she has a fever of 100.5 or more, NO SWIMMING and must be fever free without medication for 48 hours prior to returning to lessons.

If your child is seen by a doctor for ANY reason other than normal check-ups I need to know prior to lessons, this includes any prescribed or over the counter medications or specialty doctors. If your child has been diagnosed with any exceptionalities or handicaps, please share that information with me as I will be able to work with your child with a much clearer picture and honor their particular learning style. Your child is NOT permitted to swim if the child has had any

vaccinations within the last 24 hours.

**Illness/Injury-If there is any question about doubt about your child's health, please call or text my cell @ 321-543-8252 prior to lessons.**


## 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.

## POOL LOCATION

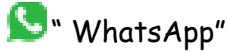
In order to serve as many families as possible, I teach exclusively from my private, heated, salt pool at my home. **My address is 6219 Balsam Street Cocoa, FL 32927.** The water temperature is maintained at 88 degrees during lessons.

## 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. I find that this group messaging app is the fastest and most effective way 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) 543-8252. 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. Lessons will be canceled if there is lightning in the area, sometimes the safest lesson is no lesson. I will contact you as quickly as I can to let you know if we are delayed or canceled via



For more information on lightning safety please visit:

<https://www.weather.gov/media/owlie/Lightning-Brochure18.pdf>

## RESTROOM

Please have your child use the restroom at your home **BEFORE** coming to lessons. My home bathroom should be used only in EMERGENCIES. "Going potty at Ms. Holly's 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 and get out of the pool to unlock the house to let visitors in. Some parents opt to carry a training potty with plastic shopping bags for liners.

## PARKING

Please park in the grass to the **left** of the driveway in front of my house. **Please do not park in front of the neighbor's house.** If there is no parking, please use the driveway. I will likely already be in the pool teaching lessons, so please come through the white gate on the **right side** of the driveway and out to the pool area.

## ATTIRE

**Any child under 4 years old MUST wear a cloth swim diaper that has elastic waist and leg openings.** Swim diapers specifically designed to prevent fecal contamination will be considered sufficient if they are well-fitting and there is no suspicion of illness. The disposable "swimmers" do not hold anything in and, therefore, are not acceptable attire. The health and safety of all students is of the utmost importance. **Please DO NOT bring your child to lessons with extremely loose stools or diarrhea. If your child is experiencing loose stools or diarrhea, please text me prior to lessons.**

**I sell a limited quantity of iPlay brand washable swim diapers on deck for \$14.**

**\*\*Huggies "Little Swimmers" or Pampers "Splashers" type swim diapers are not acceptable as they do not adequately contain accidents. \*\***

## SUNSCREEN

The majority of my pool is covered by shade sails which do a great job of protecting us from the sun's rays. However, 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. \*Exception: Florida Salt Scrubs brand sunscreen which is coconut-oil based and coral-reef safe and along with being great for sensitive skin and moisturizing, it also doesn't impact the pH of my pool therefore it can be applied right up to lesson time.

## 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

**Do not give your child any food or drink, except sips of water, at least 1.5 hours prior to lessons.** No dairy/milk products or fatty/fast foods for at least 2-3 hours prior to lessons. No one works well on a full stomach and your child will be working hard. Dairy takes up to **8 hours** to digest so if your child's diet consists of LOTS of dairy products, it will affect the amount of time your child is able to stay in the water when first learning their skills. Please do not feed your child any APPLES OR APPLE PRODUCTS in any form (check the labels of the squeeze fruits/veggies, snacks, and juices) for the entire duration of lessons as they tend to cause excess



gas and vomiting when combined with swimming. Other foods that should be avoided while your child is participating in lessons: apples, or apple products including juice, pineapples, papayas, peaches, passion fruit, spinach, honey or celery. These foods can cause the buildup of gasses in the abdomen leading to distention and discomfort to your child.

## 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 receives 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 focused 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. I will periodically take underwater photos and videos which may be published on my facebook business page and or website for you to download and share. If you do not wish to have your child's photo taken and/or published, please request that no photos are taken on picture/video days.

## 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 in 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. As a parent, you need to ensure the safety of your child at all times, constant eyes on supervision is the best way to prevent accidental drowning. While the use of a PFD is discouraged while swimming, Swim Safe Now in no way discourages the use of this device to keep your child safe when circumstances warrant, such as while boating or in or around open water. PFDs are not meant to be used as a replacement for supervision or swimming skills. For more information on the safest PFD device for your child, please visit

<https://www.parentspreventingchildhooddrowning.com/post/the-lowdown-on-life-jackets>

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.

Communication is key during lessons; in the event your child was engaging in water

play with a floatation device please let me know right away so the lesson can be directed to remedy any inappropriate postures.

## 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 you keep your child out of the pool at home as much as possible until a skill has been mastered. Once your child is swimming I am happy to do an in-water session with you and provide you with some tips to ensure that enjoying time in the pool at home does not adversely affect what your child is learning, thus causing additional lessons to undo any swimming behaviors that would jeopardize their skills and safety.

## CPR & FIRST AID

It is strongly recommended that parents, grandparents, siblings who are age appropriate and caregivers participate in a CPR/First Aid course.

## QUESTIONS

As a parent, I know that our children are the most important thing in our lives. Please know that it is very important to me that any concerns that you may have are addressed. I will always answer any questions you have via phone call/ text as it is difficult to chat poolside because I want my full attention to be on your child. My goal is for you to feel comfortable every step of the way. During lessons I often will share with parents what I am working on (breath control, getting kicks, arm movements, posture adjustments, etc) It is hard for a parent to see all of the little things that are done during the lesson and the small successes of the student towards their goal. Again, your questions/concerns are very important to me so please don't hesitate to contact me. You can reach me by e-mail:

[holly.melder@swimsafenow.com](mailto:holly.melder@swimsafenow.com) or by text, phone, or WhatsApp at (321) 543-8252.

Thank you again for choosing Swim Safe Now Lessons with Holly Melder. 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!

**Please remember that these lessons do NOT drown-proof a child.**

**Constant supervision is our biggest guarantee for safety!**