



LESSON INFORMATION & POOL RULES - DR. KATE RODRIGUES, 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 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 Dr. Kate Rodrigues are **\$120** (CASH) per child or **\$125** per week via electronic payments such as Venmo (@katerodrigues) & Zelle. 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. 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 by Thursday for the following week. You are welcome to prepay for multiple weeks if desired.

DISCOUNTS: A \$10 discount may be applied for siblings in lessons at the same time as well as for active duty military, law enforcement, teachers, and first responders.

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. No call/no shows are not eligible for make-up lessons so be sure to communicate with your instructor.

ATTENDANCE: Consistency is crucial to the learning process as well as the retention of learned skills. **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 stages of development, personality, and coordination. Speak to your instructor regarding an estimated # of lessons for your child. 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. 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.

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.

Lesson Arrival: Please arrive no sooner than 5 minutes before your time slot and have your child ready for lessons promptly 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. The address is 476 Penguin Dr, Satellite Beach, FL 32937. The water temperature is maintained between 84-88 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) 877-9126. 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 68 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** coming to lessons. My home bathroom should be used only in EMERGENCIES as this will significantly cut into your child’s lesson time. “Going potty at Dr. Kate’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 let visitors in. A portable training potty is recommended for potty-training toddlers to be used outside the pool area. Please remove all trash and waste.

Parking: Please park in front of the house along the street, enter through the gate on the west side, and come in. Please do not park in the driveway, blocking the mailbox, or elsewhere that would

impact the neighbors. If parking occurs outside these guidelines, you will be asked to reposition your car.

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, **I require that each child 3 years and younger, or any older 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. The disposable swim diapers such as Huggies "Little Swimmers" may **NOT** be worn alone because they do not have elastic leg or waist openings and allow "accidents" to leak into the pool. If they are 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. Please also understand that if there is a sanitation event due to noncompliance with these rules, you will be charged for maintenance in addition to a credit for those whose lessons were cancelled as a result.

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, 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 negatively impacting 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 3 large towels each day (and at least 1 one per additional child). The first two towels provide a comfortable surface for the child to rest on after they are done with their lessons and act as a germ-buffer on the pool deck. The third is to warm and dry the child.

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 build-up of gases in the abdomen leading your child to experience distention and discomfort.

Illness: Students who are experiencing fever, cough, severe congestion (not due to teething) diarrhea, vomiting, open skin lesions, head injury, new rashes, or other obvious signs of illness/injury will be asked to stop lessons until symptoms have been resolved for at least 48 hours and/or 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) 877-9126 prior to coming to lessons to avoid a potentially wasted trip.

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 may be required to resume lessons.

Crying: Your instructor receives extensive training in child development and is able to pick up on cues and to be acutely aware of your child's sensitivities to the lesson environment and 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!

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 child will experience a variety of emotions during the process of learning something new and the lesson environment is a safe place to express their feelings. It is ok to feel sad, happy, scared, excited, etc. Your instructor will help your child work through this process to replace any feelings of anxiety with confidence and competence.

How can you help? Parental attitude is an 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. Be aware of your body language and be sure to show support and encouragement so that your child knows you believe in them and their ability to accept the challenge of a new experience, work hard, and be successful! Try using phrases such as "You're so strong and brave! You can do it!" Be sure to tell them how proud you are of their hard work after 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. Your instructor will be happy to provide additional suggestions customized for your child and their individual personality.

Video/Photographs: Videotaping and pictures are ONLY allowed on Thursdays 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 social media business page and or website for you to download and share. If you prefer to not have your child's photo taken and/or published, please request that no photos are taken on picture/video days.

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 tag me in your post. I am on Instagram @swimsafedrKate and @swimsafesatellitebeach (My Pages) and @swimsafenow (Team Page). 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, or even just being held or standing on steps, 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 flotation device makes it harder to teach a proper face-in, horizontal swimming posture, and tend to make lessons more difficult. This also results in a false sense of security for the child and vertical muscle memory created by these devices, 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 you 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: kate.rodriques@swimsafenow.com or by text, phone, or WhatsApp at (321) 877-9126.

Thank you again for choosing 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!

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

Sincerely,

Dr. Kate Rodrigues, PT, DPT, CPT, Aquatic Behavioral Specialist

Swim Safe Now Instructor

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