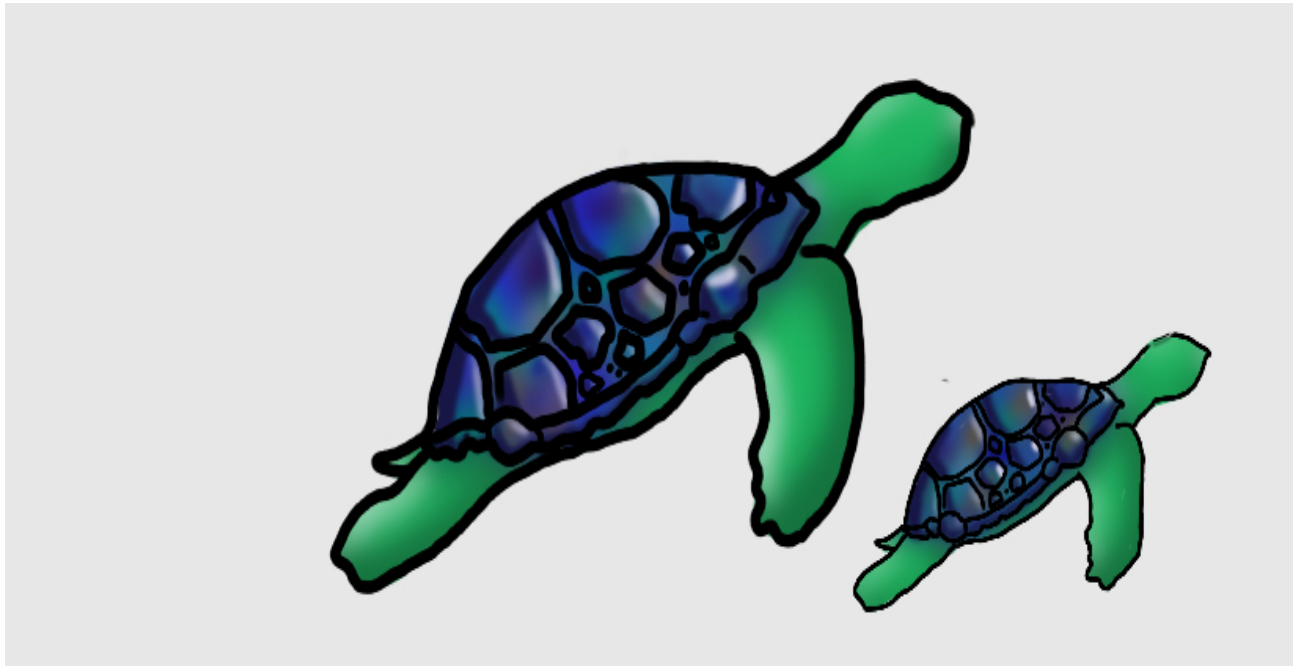


Parent Handbook

Coastal Infant Aquatics, LLC



NEVER CONSIDER A CHILD WATER-SAFE OR DROWN PROOF! ALL CHILDREN SHOULD BE CAREFULLY SUPERVISED WHEN IN OR AROUND WATER NO MATTER HOW MUCH TRAINING THEY HAVE RECEIVED.

1. STATEMENT OF LIABILITY AND PARENTAL RESPONSIBILITY

Parents, you and your children's safety are completely your responsibility until I take your child out of your hands and into the water in a scheduled training exercise. If there is no lifeguard on duty, I do not assume responsibility for you, your children, or visitors that may be with you at the lesson. Children waiting for their lessons or dressing after lessons, as well as any other children brought to the pool, must be kept beside you or on your lap. Please do not leave children unattended for any reason.

2. DIET

- **DO NOT FEED YOUR CHILD FOR 2 HOURS BEFORE THEIR LESSON.**
- **DO NOT ALLOW whole fruit, especially with a skin (such as certain berries like blueberries, strawberries, grapes, sometimes apples, pineapple, tangerines, celery, hot dogs, or anything else your child may not be able to digest.)**
- Avoid other foods that take time to digest and all other milk products for several hours. These foods take extra time to digest so any food that is in the tummy may come up with a very strong burp. Burps happen. I just ask your cooperation in trying to do everything we can to prevent it. If your child burps up food, I may have to end the lesson to shock the pool.
- Recommended: bananas, rice, applesauce, toast, other and grains.

Children swallow lots of air in the learning process, so we want to avoid spitting up in the pool. Of course, if your baby is only nursing or eating formula please just try to time the feedings around your lesson time. (I know, this is easier said than done). The good news is your child may eat anything immediately after his lesson. I give lollipops at the end of each lesson.

3. HOW SHOULD I PREPARE FOR LESSONS?

All children who are not potty trained must wear a snug, non-disposable "swim diaper."

These can be purchased from me. They should be tight enough to keep any accidents from contaminating the pool. Paper swim diapers (Little Swimmers, etc.) do not accomplish this and are not acceptable.

The water can feel cold even at 87+ degrees. Don't forget to bring warm clothes for your child and a towel. If it is cold out, please take precautions against the weather.

4. HOW SOON CAN I EXPECT MY CHILD TO LEARN TO SWIM?

Most older children learn in 6 weeks. Do not be alarmed if your child is not progressing as fast as another. Every child learns at their own pace. Remember, they do not all walk or talk at the same rate either ☺

5. HOW & WHERE ARE LESSONS CONDUCTED?

Swimming lessons are approximately 10 minutes in length, four days per week, Monday through Thursday. For children 2.5 years and older 13 min lessons/3 days a week may be offered. This varies by each 6 week session.

Lesson Location: Host Pool to be shared upon enrollment and payment of lessons. All lessons are in San Marcos or a location in Northern San Diego County.

Consistency is a very important ingredient of the program. So, please do not miss lessons. If my schedule is full, I will not be unable to offer make-up lessons.

6. LET'S PRETEND

It is normal and healthy for children to “teach” their teddy bears, dolls and siblings to swim and float. They master their emotions by becoming the teacher. You will love seeing this and may want to video it.

7. ARE THERE MAKE-UP LESSONS FOR ILLNESS AND VACATIONS?

Unfortunately, it is almost impossible to schedule make ups for sick children. Payment is expected prior to the beginning of your first lesson. If you child falls sick in the middle of the week, I will do my best to work with you on rescheduling, although it may not always be possible to offer a makeup.

If you choose to be absent, I cannot do a make-up. I do offer make-ups for weather. As for vacations, I will work with you in scheduling, if you give me advance notice.

8. WHY UPDATES/ REFRESHERS?

Your baby needs refreshers not because he will forget his skills, but because he will outgrow them. Especially during the first two years, babies’ rapid growth causes their center of gravity to shift. They begin by having much of their center in their head and then eventually everything else, their legs, arms and torso catch up. These huge growth spurts they have in the first 2 years will affect their ability to float. Doing a refresher just allows your child to perfect they’re swimming skills now that they’ve grown. Refreshers usually take 1-2 weeks. This will also help with their self-confidence and comfort in the water. These are not usually needed if your child had attended group lessons.

9. WHAT IS THE COST OF THE LESSONS

There is a \$50 registration fee per student.. Tuition is \$200 per week per child. Payment for the 6 week session must be paid in full within 24 hours of the confirmed session time for your child/ children. This shows that your family is dedicated to learning/attending and ensures you have a spot for your little one. The total for a 6 week session and registration is \$1,250 per child. If your child masters swim float swim/ survival swim in less than 6 weeks I will refund you the difference. Please keep in mind that most children require the full 6 weeks of lessons.

10. REFUNDS?

Please do not start your child in this program unless you fully intend to complete the entire learning process. Once your child begins lessons, the balance of your tuition is non-refundable if you withdraw your child.

Your child may need several weeks to work through his or her feelings about the water (usually an “I’m going to fall down” problem), so leaving makes a child feel unduly anxious about his lack of ability.

11. UNDOING OLD HABITS/ NO FLOATATION USED

Old habits die hard. If your child has used water wings, a swim trainer bathing suit, a life jacket, or other such flotation device it may take longer to master swim float swim because we must unlearn bad habits before we can learn new correct postures. When you put a child in a life jacket or water wings, these devices allow them to keep their head up out of the water and usually reside in a vertical position. They tend to tread water using a bicycle kick. This can take extra time to fix. Then again, I’ve seen children that used flotation devices graduate within 6 weeks. Just be prepared that if you have put him/her in flotation it may take a bit longer for him to learn proper technique... But he/she will learn it ☺

12. WHY SHOULD I ENROLL MY CHILD IN LESSON WITH SWIM BABY SWIM?

- If you want your child to have a life-long skill/exercise that they can do throughout life, no matter how good they are at it; teach them to swim.
- If you have more than one child and like to be near water, you need to do this for your peace of mind and your children’s safety.
- If you own a pool or have a body of water in your community, you should enroll your baby.
- If you vacation near water and your child has ever run from you, teach him to swim.
- If you want everyone to be amazed at how awesome your child is in the water when all their peers are wearing life jackets and water wings; teach her to swim.
- If you want your child to be able to be independent in the water and have the essential skills that could one day save their life enroll her today.

13. EMOTIONAL ISSUE

Children are all different, some take to strangers easily, some don't. The water has an added dimension because we can't breathe in it. It may take a while for your baby/child to adapt to this new situation. Children under 4 years old have not gained depth perception yet. They do not understand the water is over they're head or the consequences of not knowing how to swim/float. If your child is upset during lessons it may be because I'm a new person challenging them to learn new skills. Sometimes it may be easier if the parent moves to where they can see the lesson but your child can't see you. Or we may have you come in the water if necessary. Ninety percent of babies/children adapt to lessons within the first week. If you at any time have questions or concerns please always feel free to talk to me, text or email me.

I will take underwater pictures/video of your child during lessons once they can swim on their own and share them with you :) This is my way of thanking you and your child for allowing me to teach them swim float swim :)

Danielle Ruais

Owner/Certified Infant Aquatics Instructor

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