
During each Lesson

- Your child will likely cry. This is age appropriate behavior being that they are in a new environment and dealing with a challenging situation.
- You are a role model for your child. They seek your support and look to you for enthusiasm, even when they are under duress.
- Show support by smiling, encouraging words and clapping. Watching initially may be difficult as its human nature to want to comfort those we love. Rest assured you are giving them the gift of having a chance at surviving in water.

After each Lesson

- The instructor will help your child out of the pool. Please lay your child on their left side for a minute or two to help release any stomach distention.
- While on their side gently rub their backs and pat them to encourage burps and air release.
- Praise them for a job well done.
- Please let me know if you have any questions or concerns. I can be reached by phone or email throughout the day.



Preparation for Lesson

Essentials

- Bring 2-3 clean towels (1 for child to dry off, 2 for them to lay resting upon on their left side on the pool deck after their lesson).
- If less than 4 years of age and not fully potty trained bring swim diapers underneath their reusable swim diaper provided with paid registration. Remember to bring their swim diaper clean to each lesson. Children should arrive in their swim diaper ready to get into the water.
- Be prepared to answer questions about their bowel and bladder, diet and sleep patterns during lessons.
- Be excited about the lessons. Children will feed off the emotions you display. A happy and excited parent helps encourage their child and comforts them.

Foods to Avoid

Child should NOT eat these foods for the entire duration of lessons as they cause stomach upset and gas which may make them uncomfortable during lessons.

-Apples (in any form, even mixed in oatmeal), Pineapple, Papaya, Peaches, Passion Fruit, celery, Honey and spinach

**DO NOT feed your child any food or drink 1.5 hours prior to lessons and NO dairy prior to lessons. If you can avoid breastmilk/ breastfeeding it is also beneficial to prevent babies from stomach upset.*

Lifesaver Aquatics

Lesson Reference Guide



THANK YOU FOR JOINING US IN OUR MISSION TO MAKE YOUR BABY SAFER NEAR WATER!

You are gifting them the opportunity to pursue a beautiful future.



Lesson progression

- Lessons are individually tailored to your child and the focus is on the child's ability to successfully complete specific skills. Therefore if a skill is successfully completed right away during the lesson the lesson may be cut short because they have accomplished the task of the day. Continued work of the same skill may tire them out and then bad habits

No Floatation Devices!

Floatation devices should never be used to play or practice swimming. These encourage improper body positioning in the water and actually teach your child undesirable postures and body mechanics which conflict with what they are learning during survival lessons. These devices may prevent your child from effectively utilizing the skills they have been taught to self-rescue.

Video/Photography

Video taping and photos are only allowed on graduation day as it has proven to be a distractor for some children.

Restrooms

Please be sure child uses the restroom prior to lessons. Lessons are held at a private residence and do not allow for the use of the facilities on the inside of the premises.

Parking

- Street parking is available along the corner of Evergreen Avenue and Tamarisk Street.

CONTACT US:

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Cancelations/Refunds/Credit

Weekly fees are not prorated for missed lessons. Only lessons canceled by the instructor can be prorated the following week. Refunds are not given for weekly fees for any reason including early termination of lessons. Instead a credit may be offered for long term illness more than 3 consecutive days and your child may be rescheduled to resume lessons when they are feeling better.