

Parent Handbook & Lesson Guidelines



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 babies learn in 4 -6 weeks. Most older children learn in 3-6 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 10-15 minutes in length, four days per week, Monday through Thursday unless other arrangements have been confirmed.

Lesson Location: 997 Canyon Heights San Marcos, CA 92078

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 tape 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 at the beginning of the week. If you child falls sick in the middle of the week payment is still expected. I will do my best to work with you on scheduling, although it may not always be possible to offer a makeup.

If your child begins lessons on Monday, you are expected to pay for the week. 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 updates 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, they’re 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 know 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 AND WHEN DO I PAY

There is a one time \$50 registration fee per family. Tuition is \$120 per week per child. The first 2 weeks payment for lessons is payable by check to Danielle Ruais, cash or Venmo before lessons begin. By the third week, you may pay for lessons on a weekly basis. If you would like to hold a spot on my roster you must pay the registration fee and first two weeks in advance. This is a way for me to know you are dedicated to learning and for you to ensure you have a spot for your little one.

Please pay at the beginning of the week

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 your lessons may take longer because we must unlearn bad habits before we can learn new correct postures. This is because when you put a child in a life jacket or water wings, they 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 floatation graduate in 4 weeks. Just be prepared that if you have put him/her in floatation 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 their 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 or email me.

I will take underwater pictures of your child and email them to you during lessons. If you have not seen me take a picture please ask me. I'm human, sometimes I forget.

Danielle Ruais

Certified Infant Aquatics Instructor

www.swimbabyswim.net

C: (603) 722-9447 (Feel free to call or text)