



PARENT HANDBOOK

CONTACT INFORMATION

SAFETY

REGISTRATION & ENROLLMENT

LATE OR MISSED LESSONS

VISITORS

COMMUNICATION

PAYMENTS

SCHEDULE CHANGES

REFUNDS

FEEDING RESTRICTIONS & GUIDELINES

SWIM DIAPERS

WHAT TO BRING & WEAR

TEST OUT

ENCOURAGEMENT

FLOATATION DEVICES

INSTRUCTOR TRAINING PROGRAM

LESSON PROGRAMS

STROKE SCHOOL

WAIVER AND RELEASE

Contact Information

Little Swimmers of Georgia, LLC

Covington, GA 30014

Phone: 813-422-1534

Email: swim@littleswimmersofgeorgia.com

Website: www.littleswimmersofgeorgia.com

SAFETY

- Please exercise caution in and around the pool, as there is no lifeguard on duty.
- For safety reasons, please seat your child on the pool edge. Please hold him/her until the instructor takes him/her into the pool. Upon the conclusion of the lesson, the instructor will swim your child to the wall or to the steps. Please be ready with a towel and to walk your child from the pool; this is to avoid an accident on the pool deck.
- DO NOT LEAVE YOUR CHILDREN UNATTENDED FOR ANY REASON AT ANY TIME.
- Running or playing in the pool area is strictly prohibited.
- For the safety of all children, Parents must accompany and supervise their children in the bathroom.

REGISTRATION & ENROLLMENT

- We cannot guarantee that space will be available or that you will get your first choice in lesson time, but we will do our best to accommodate your needs. If we cannot find a mutually acceptable time, we will place your child on a waiting list and will notify you when a spot opens. You will have 48 hours to respond and confirm. If we do not receive a response within the specified amount of time, we will offer your spot to the next person on the waiting list.
- There is a **one-time \$50 non-refundable registration fee to secure your time spot** for private lessons, including reserving a time slot on the waiting list.
- Changes/cancellations for private lessons must be made 48 hours prior to the first day of class/lessons. All cancellations for private swim lessons will result in the forfeiture of your \$50 nonrefundable registration fee and any remaining lesson payments.

VISITORS

- Children other than Little Swimmers of Georgia students are welcome to visit or accompany you to bring your child to swim lessons, but may not swim. The instructor needs to concentrate on your child to teach him/her efficiently. If other children are running or playing, then the instructor becomes a lifeguard, which takes away from your child's lesson. You must assume full responsibility for any

visitor you bring on the property.

- You assume all responsibility in explaining all rules and regulations of the pool and pool facilities to any visitor or caregiver accompanying your child to swim lessons.

SCHEDULING

- Private lessons are offered in the following format:
Survival Swimming program - three (3) times per week for 15 minutes each lesson (6 week program)
Maintenance - one (1) time per week for 15 minutes
- This program requires a high level of commitment and consistency to be successful. Steady attendance will increase your child's rate of progress. It is imperative that you plan your schedule accordingly as Little Swimmers of Georgia reserves the right to limit the number of schedule changes.

LATE OR MISSED LESSONS

- It is important to have your child ready for their scheduled lesson at least 10 minutes in advance. If you are running late, I will do my best to fit your child in whenever possible, but realize that your child may have a shortened lesson or missed lesson altogether.
- Please remember that you are paying for a time slot, not for individual lessons. You will be charged for any missed lessons (not considered an emergency or due to illness) since that time slot is reserved for your child. More than 4 missed may result in the loss of your time slot and additional charges.

For the lesson to be excused, please call or email Little Swimmers no later than 3 hours prior to the start of the lesson to be missed.

*****Contact info: Phone: **813-422-1534** Email: swim@littleswimmersofgeorgia.com *****

- Private lessons: A credit will be applied to your account for excused absences. More than four (4) absences may result in your spot being forfeited and/or charges for additional missed classes to hold your spot.
- A charge for make-up lessons in excess of the allowable excused lessons and/or for ALL unexcused absences will be applied.
- Pool Closures: If Little Swimmers must cancel a lesson/classes due to unforeseen circumstances make-up lessons will be scheduled. Financial credits will not apply.
- Missed make-up lessons cannot be made-up.

COMMUNICATION

- If you have questions for your instructor that require more than a minute between lessons, please call or email. This ensures each swimmer receives a full 15 minutes for their lesson.

- Communication with Little Swimmers of Georgia may be done in person, over the phone, or via email.

PAYMENTS

- Cash, Check and most major credit cards are accepted. (Please note that we do not accept AMEX).
- If you wish to pay with cash or check, we still require a credit card to remain on file.
- Private lessons: are billed on Monday of each week.
- A fee of \$35.00 will be imposed on all returned checks.
- In the event an account is more than 30 days past due, lessons or other activities will be suspended. Accounts that are more than sixty (60) days past due, will result in lessons being terminated and the account will be collected upon directly or by a collection agency. (See the credit card authorization form for further details).

REFUNDS

NO REFUNDS WILL BE ISSUED UNDER ANY CIRCUMSTANCES.

Please do not start your child in this program unless you fully intend to complete the entire learning process.

- The first few weeks of training are a very critical time of adaptation to a new environment, instructor, and technique for you and your child. It can, however, be a time of low self-confidence in the water for the child. It takes time to acquire and perfect his/her skills in the aquatic environment. If the child's lessons are terminated during this time, the foremost thing the child will remember is that lack of self-confidence in and around water, and further lessons will be met with resistance.

Please make sure that this program is right for you and your child before you register.

FEEDING RESTRICTIONS & GUIDELINES

- One of the skills we teach and practice at every lesson is breath control and submersion. In learning this skill children may swallow some air and/or water during the lesson. If a student takes in water during a submersion drill and they have recently eaten, they are at a higher risk of spitting up.
- We want to encourage healthy eating habits prior to swim lessons so that your child is energized, but not at the risk of an upset stomach. We ask that you not feed your child meals high in PROTEIN OR DAIRY at least 4 hours before the lesson. Smaller meals consisting of easily digested carbohydrates can be given 2 hours before the lesson.

AVOID THESE FOODS FOR 4 HOURS BEFORE LESSONS: (Foods harder to digest)

DAIRY, ICE CREAM, HARD CHEESE, MEATS (especially beef and pork), BEANS, NUTS, WHOLE FRUITS, and VEGETABLES

WAIT 2 HOURS BEFORE LESSON:

Breast milk, toast, cereal (without milk), apple sauce, graham crackers, Ritz crackers, pretzels, peanut butter

and/or jelly, waffle, or pancake are all good options.

SWIM DIAPERS

To protect the health of other swimmers and to prevent the shut down of the pool due to a fecal contamination, **a swim diaper is required for all children under age 4.**

ALL CHILDREN NOT POTTY TRAINED are required to wear 2 layers of protection:

- 1) a properly fitted, reusable, cloth swim diaper and
- 2) a disposable swim diaper underneath the reusable swim diaper during lessons.

Swimsuits are optional.

Children AGE 4 AND UNDER who ARE POTTY TRAINED may omit the disposable diaper, but must still wear a properly fitted reusable swim diaper.

If your child is **NOT** wearing an approved non-disposable diaper, and has an accident in the pool, there will be a contamination charge of \$250.00.

- In order for a swim diaper to be effective it must be properly fitted meaning the elastic around the waist and legs should be very snug. I-play and Happy Nappy are the recommended reusable swim diapers. These can be purchased on Amazon and also at local stores such as Target and Wal-Mart.
- Fecal contaminations incur a large expense for Little Swimmers of Georgia (clean-up and cancelled lessons), the family (\$250 fine), and is a health concern. Fecal contaminations can spread E-Coli, Giardia and C Diff.

If your child is sick or has Diahrea please cancel your lesson for the day to avoid exposing other children and instructors to unwanted bacterial and viral infections.

WHAT TO BRING TO LESSONS

Please be sure to come prepared for each lesson!

- Swim Diaper/disposable swim diaper (If child is under 4 years of age. See policy above).
- Towels
- Swim Cap: This is optional but suggested for children with long hair.
- Goggles are **NOT** permitted during private lessons

Why? Children that have only used goggles tend to panic when they don't have them. Should they find themselves in a dangerous aquatic situation it is unlikely that they would have goggles available upon falling into a body of water. They need to be comfortable with the feeling of having water in their face

and eyes.

- **A great attitude!**

CLOTHING TEST OUT

Most drowning accidents happen when children are fully clothed and fall into a body of water unexpectedly.

At the conclusion of private lessons, you will be asked to bring your child fully clothed in a long sleeve shirt and long pants. This final component of survival swim lessons is to familiarize your child with the sensation of falling in the water fully clothed. Your child will learn that having clothes on does not change how they roll to their back to rest and breathe.

ENCOURAGEMENT

- It is critical to bring a positive attitude to each lesson. Your child will learn new skills, but it is your support that will most affect his/her attitude and progress. Children do much better when parents are involved and cheer as they acquire and develop new skills. The importance of your support is very important.
- It is also important to know the appropriate time to clap and cheer. Sometimes what the instructor is looking for during lessons is different from what might look good to you. If we work together and show approval for the same things, it will help your child feel successful and increase their chances of success.
- You will be provided information on how to enjoy the water with your child outside of our pool. It is crucial that you utilize these tools and techniques as not to undo the skills they have built during their lessons. **Your cooperation or lack of cooperation will ultimately increase or decrease the amount lessons required.**

PUDDLE JUMPERS/LIFE VESTS

Puddle jumpers, life vests and other types of flotation devices put a child in a vertical position in the water. This is not a proper swimming position and is very difficult to maintain when not supported by floatation. Putting a child in floatation conditions the body via muscle memory to be in a vertical position with the head out of the water and legs kicking (often scissor type kick) below. Young children come to believe this is how to “swim” and do not have the cognitive ability to understand that the device is assisting them in creating a false sense of security. Without one of these devices, a child is in a classic drowning position.

Continuing to use a flotation device while participating in survival swim lessons will make things more difficult for your child and prolong the time needed for private lessons. It takes time to retrain the body to be in a relaxed horizontal position with the head in the water.

What should you do? Get in the pool and hold/play with your child in the water. Do not let them believe they are safe alone in the pool. Teach them respect for the water and the need for supervision. **Speak with me about what skills to practice with your child. Please do not try to teach new skills or you may prolong the time needed for lessons should your child’s instructor have to “un-do” a bad habit.**

Survival swimming is not a replacement for supervision. Children should always be supervised by an adult who is unoccupied with other tasks or distractions.

Life vests should always be worn when boating or in open water.

LESSON PROGRAMS:

INFANT AQUATIC SURVIVAL

- **Age:** 6-12 months (or Pre-Walkers) 4-Week Program (12 lessons)
- **Program:** Self-Rescue - Your infant will learn to roll over from a face down or submerged position onto their back to relax and breathe. They will also perform these skills while fully clothed before graduation.
- **Time:** Lessons are one-on-one, 3 days per week, 10-15 minutes per day for 4 consecutive weeks.
- **Next Step:** A child who successfully completes the Infant Survival 4-week program will move into once per week maintenance lessons.

AQUATIC SURVIVAL

- **Age:** Walking infant up to 6 years old, 6-Week Program
- **Program:** the survival swimming technique we call SWIM*FLOAT*SWIM, or SWIM*FLOAT*SURVIVE, because it teaches a small child to swim on his/her tummy, roll over to get air, flip back to swim and then to propel themselves to the side of the pool unassisted and fully clothed.
- **Time:** Lessons are one-on-one, 3-4 days per week, 15 minutes per day for 6 consecutive weeks.
- **Next Step:** Graduates of this 6-week program move into once per week MAINTENANCE to maintain the SWIM*FLOAT*SWIM skills learned.

WAIVER AND RELEASE

Please read carefully and be aware that in registering your minor child for participation in this program, you will be waiving and releasing all claims for injuries you or your child, family members or anyone accompanying you to swim lessons might sustain because of participation in any class or activity conducted by Little Swimmers of Georgia, LLC.

As a parent/guardian of a participant in Little Swimmers of Georgia, LLC, I recognize and acknowledge that there are certain risks associated. I agree to assume full responsibility of injuries, property damage, loss, or death, which I, or my minor child, may sustain as a result of participating in any and all activities connected with or associated with Little Swimmers of Georgia, LLC.

I agree to hold Little Swimmers of Georgia, LLC, and/or the Instructor free from any liability resulting from use of the premises and waive and relinquish all claims against Little Swimmers of Georgia, LLC, and/or its owner or operators from any injury that I, or my minor child may sustain as a result of participating in this program.

I also agree that any photos or videos taken of my child may be used in Little Swimmers of Georgia, LLC promotions; and are the sole property of Little Swimmers of Georgia, LLC.

Signature of Participant's Parent/Guardian: _____

Printed Name of Parent/Guardian: _____

Printed Name of participating Child: _____

Date: _____

ACKNOWLEDGEMENT AND RECEIPT OF PARENT HANDBOOK

I acknowledge that I have received a copy of the Little Swimmers of Georgia, LLC. Parent Handbook. I understand and agree to the following:

The Parent Handbook contains important information on policies and procedures. This information is important to your child's well-being and continued success during lessons.

The Parent Handbook is not intended to cover every situation, but is a general reference guide to the questions you may have concerning Little Swimmers of Georgia's protocols.

It is my responsibility to familiarize myself with the materials and to follow all policies and rules outlined in the Parent Handbook and set forth by Little Swimmers of Georgia, LLC.

All policies are subject to change and as the need arises, new policies may be added, any time and at the sole discretion of Little Swimmers of Georgia, LLC.

IN ADDITION:

I understand that if my child is under age five and does not comply with Little Swimmers of Georgia's swim diaper requirements, I will be fined \$250 for any pool closure resulting from an uncontained fecal accident by my child. **Parent(S) initials** _____

THERE ARE ABSOLUTELY:

NO REFUNDS

NO MAKEUPS OTHER THAN THOSE OUTLINED IN THE HANDBOOK

As evidenced by your signature, you agree to the terms and conditions listed herein

Participant's Name _____

Signature of Participant's Parent or Guardian: _____

Date: _____