

Dear New Parent,

We are very excited that you have decided to enroll in our, Toddler Survival Swim Program. In order for us to have the most success with your child, it is important for you, the parent to understand the program.

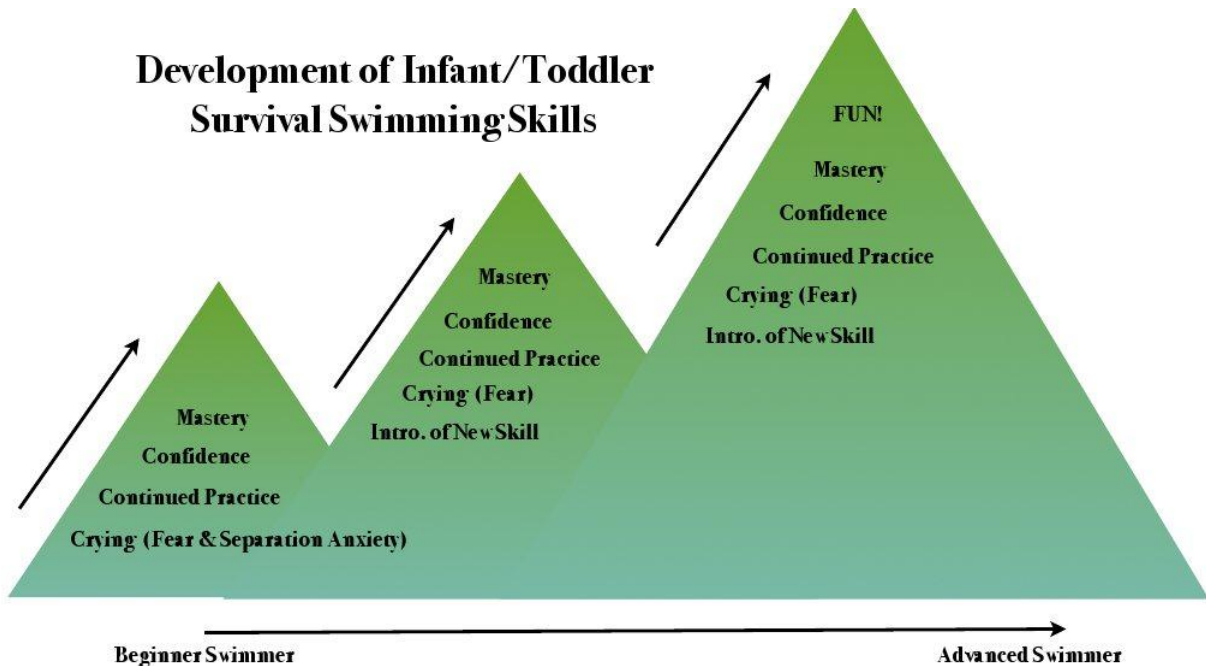
Drowning is the #2 leading cause of accidental death and injury among children in the U.S. and children ages 1 – 4 are at the highest risk. Most drowning's happen with one or both parents around and children are out of sight for less than five minutes.

Aquatic Adventures is committed to changing these statistics and saving lives.

Our Survival program is quite different from most swim programs for young children. The focus is on teaching a child to survive should they end up in the water unexpectedly and/or without being seen or supervised. Children must learn independent skills for the water and with this process comes many things parents should be prepared for.

- Tears
- Anxiety
- A new found fear of the water

All of these are temporary and over time, your child will begin to have fun and enjoy the water and lessons as they build skills and confidence. You can see the graph of Mountain of emotions expected for our program attached. This was created by Decca Knight a child and parent counselor as well as a mom of a child in our programs.



The most successful toddlers and children in our programs do lessons continually throughout the year. As with anything, learning to swim takes time and consistency counts!

So how does the program work? Below, I have defined the basic outline of our program and progression.

All children must begin in Toddler 1 and will work one on one with an instructor for 10 minutes. This format is set up for several reasons.

- **Safety** - Lessons are short as children this young don't understand not to drink the water and many times will drink as a reaction or response to their face or mouth going in. We want to limit this and we monitor closely how much water a child may ingest. In addition it is very difficult to ask toddlers to sit quietly and safely on the side as they wait their turns. Should an instructor be distracted momentarily and a child falls in this could be a dangerous situation.
- **Development** - Young children can find it difficult to stay on task for longer periods of time thus creating an environment that is not conducive learning and can be frustrating to the child
- **Anxiety**- while children are getting comfortable with survival skills there can be quite a bit of anxiety. A shorter lesson is helpful and not overwhelming to the child. We focus on just a couple of skills each lesson to gain comfort and mastery.
- **Relationship building** - our students working one on one helps develop a relationship with the instructor which is very important for trust and skill building. While there are times when a child may either need to switch or have a substitute instructor, we try very hard to maintain a consistent environment that the child can count on.

Understanding Tears

Often parents ask if their child will cry or are concerned that their child is crying and it may be a struggle to get them to lessons. We tell parents that tears should be expected in the beginning for these reasons;

- When a child comes to lessons with no fear and/or no skill, it can be an intimidating situation to be in the water with the instructor.
- Some children will cry due to separation anxiety as the parents are not in the water or on the pool deck.
- Many children will cry as they begin to understand they lack the skills to swim, or save themselves. This is frightening to the child but critical in getting them to understand the safety aspect of NOT jumping in the water.

We work with each child to help them feel more comfortable but it takes time to get through this stage. Some children will cry for a few lessons, some will cry for several weeks and some longer. As they build, skill, relationships with the instructor and expectations of a consistent environment, this will stop and eventually the children grow to enjoy lessons and love water.

As children master the survival skills, they are next place in a 15 minute lesson with on other child (if we have another T2 ready). Here they will begin to learn to swim distance, beginning backstroke, and a modified front crawl with recovery. In addition, children will learn to safely take turns in lessons.

Once children are ready, they will be moved to T3 where they will be in a group of 3 for 30 minutes. In this level, children will continue to build endurance and confidence in the water as they learn proper freestyle with a modified breathing technique and fine tune their backstroke skills. Many children who start early in our program will graduate the Toddler program at age 4, midway or more through level Three of the Learn to Swim program.

The key to success here is *sticking* with the program. The payoff is huge! As a parent of four children, I know how hard it is to hear your child cry and I understand the beginning can be a difficult time, often more for the parent than the child. However, In the over 25 years I have been doing this, I have never seen a child not come full circle if they just stick with it.

The valuable skills a child will learn in this program are *LIFESAVING*. Tears are temporary, death is not. While this may sound harsh, it is my own experience with downing's and the senseless loss of young innocent lives that makes me so incredibly passionate about this program. Because of this passion and commitment to you and your family, we have a two month minimum policy for new toddlers. The first two months auto pay or prepay are required and nonrefundable. This gives us the time to show you and your child the benefit of our program.

Mary Kerr
President
Aquatic Adventures

Please print this form, sign and return it to our front desk staff by your first lesson. NO new toddlers are permitted to swim without this form on file.

I have read and understand the toddler program and two month policy agreement.

Parent/Guardian Name _____ Signature _____ Date _____

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