



ISR Swim Kids - Enrollment Packet for Thomasville YMCA

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Phone: (850) 591-1737

www.ISRswimkids.com

Student Name(s) _____

IMPORTANT LESSON RULES AND INFORMATION- Please print 2 copies of this document. **You must provide a copy of this document with original signatures and initials from BOTH parents prior to your child beginning lessons.** Please retain a second copy for your records. Your child will not be able to start lessons without a signed copy of this document, a signed copy of the waiver of liability AND a copy of the national registration approval.

Initials of BOTH parents

____ 1. **Payment-** ISR lessons are \$95/week per child for YMCA members, \$110/week per child for non-members. The fee for lessons is not prorated, as you are paying for a weekly time slot whether or not your child comes to lessons. Lesson payments are due on MONDAY of the current week. You may pay by check, cash, or money order. Please make checks to THOMASVILLE YMCA and ensure they are placed in my blue bank zipper bag. **Instructor cancellations due to pool closures, illness, vacation, inclement weather or an emergency are fully credited back to you.

____ 2. **Time Schedule-** You should arrive at the pool 5 minutes before your time slot and have your child ready for lessons at his/her scheduled time. My schedule can be very full and my ability to stay on time is contingent on my clients being on time. If you are late, I will do my best to fit you in but it cannot be guaranteed. When your child has completed his/her lesson, please take the necessary steps to dry off, allow for recovery, redress and safely exit the pool area so that the next students may arrive and get set up for their scheduled lesson.

____ 3. **Attendance Policy-** Consistency is crucial to not only the learning process, but also the retention of those learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Lessons are not pro-rated and you are required to pay for all scheduled lessons. Your initials indicate that you have read and understand this policy.

____ 4. **Daily BUDS-** BUDS stands for bowel, urine, diet and sleep. This daily information is required and must be presented to the instructor before each lesson. This information is essential as the instructor uses the information provided by you to ensure that each lesson is custom tailored to your child's specific needs for that day in addition to ensuring the safest possible lesson for your child. All children 30 months and younger must have a Full BUDS completed daily. **All students** must complete the short version poolside BUDS on a daily basis and prior to each lesson. **Please make sure you discuss any unusual issues and/or concerns with me PRIOR to the lesson.**

____ 5. **Parent Resource Book (PRB)-** You will be mailed a PRB upon completion of the national registration. **It is an important requirement that you read the Parent Resource Book completely.** Understanding the program is vital to your child's performance. If you have any questions, I will be happy to supply you with additional information or clarification.

____ 6. **Attire-** ISR and the YMCA require that each child 3 years and younger or anyone not toilet trained for at least 6 months be dressed in a washable swim diaper. This will help ensure a safe pool environment for everyone. The disposable "swimmers" do not hold anything in and, therefore, are not acceptable attire. Once you have completed the national registration, you will receive a code for one approved swim diaper that has anti-microbial protection. If your child is not wearing a washable swim diaper and has a bowel movement that compromises the pool facility, you will be responsible for the fees for the ISR lessons cancelled for the following 24 hours. The health and safety of all ISR students is of the utmost importance. We will not compromise safety.

____ 7. **Towels-** ISR requires **3 towels** per child every day, **2** towels to place on the deck upon which your child will be placed after the lesson and **1** to dry the child with. This policy is in place to prevent the transmission of germs on the pool deck. At the conclusion of the lesson, your child will be placed on his/her left side to allow for air release and proper rest. Please do not leave your child unassisted, as there may be some minor temperature fatigue as well as a need to briefly rest following the lesson. Safety before, during and after your child's lessons is a priority and your ongoing compliance is appreciated. The YMCA will not allow diapers to be changed in the pool area, even on the towels. Please use a nearby restroom.

____ 8. **Diet-** Please do not give your child any food or drink at least **1.5 hours prior to lessons**. No dairy/milk products for at least 2 hours prior to lessons. No one works well on a full stomach and your child will be working hard. **No APPLES OR APPLE PRODUCTS, pineapples, papayas, passion fruit, peaches, spinach, honey, or celery in any form during the weeks (M-F) your child is in lessons.** The foods listed in the PRB can cause the buildup of gases in the abdomen leading to distention and discomfort to your child.

