



Starfish Swimmers Survival Swim Lessons - Enrollment Packet for Oakwood Estates

Erin Loewe, Instructor
Phone: (850) 591-1737

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 your medical registration form.

Initials of BOTH parents

____ 1. **Payment-** Lessons are \$80 per child per week. 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 credit card via PayPal, check, cash (preferred) or money order. Please make checks payable to ERIN LOEWE and ensure they are placed in my blue bank zipper bag.

____ 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-** Lessons are held for approximately 10 minutes per day, 4 days per week (M-TH with Friday as a weather makeup if needed). 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-** At each lesson, your instructor will ask you questions about your child's physiology throughout the day. I need to know if they slept well, are eating normally, having normal bathroom habits, etc. 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. **Please make sure you discuss any unusual issues and/or concerns with me PRIOR to the lesson. I cannot adjust for what I'm not aware of.**

____ 5. **Registration-** It is extremely important that I have complete information about your child's medical history prior to starting lessons. If your child has any medical conditions that could affect lessons, please make sure to communicate with me at least 3 days before the first day of lessons. I can adjust lessons to accommodate for many conditions as long as I know about them. If at any time I do not feel that I can provide safe lessons, I reserve the right to stop lessons. I also may at any time request a physician's note approving your child to continue participation in lessons. Safety is my top priority, and I will not continue if I do not feel that it is safe for your child and/or me.

____ 6. **Attire-** I require that each child 3 years and younger or anyone not toilet trained for at least 6 months be dressed in **2 swim diapers (top layer MUST BE WASHABLE)**. This "double protection" will help ensure a safe pool environment for everyone. The disposable "swimmers" do not hold anything in and, therefore, are not acceptable attire on their own. You can typically find washables at Walmart or online. 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 lessons cancelled for the following 24 hours. The health and safety of all students is of the utmost importance. We will not compromise safety.

____ 7. **Towels-** I require **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.

____ 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 2.5 hours prior to lessons. No one works well on a full stomach and your child will be working hard. **No APPLES OR APPLE PRODUCTS (inc. JUICES), pineapples, papayas, passion fruit, peaches, spinach, honey, or celery in any form during the weeks (M-TH) your child is in lessons.** The foods listed above can cause the buildup of gases in the abdomen leading to distention and discomfort to your child.

