



FITNESS AND AQUATICS CENTER

30372 Eden Church Rd.
Denham Springs, LA 70726

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ISR SELF-RESCUE™ LESSONS

- Infant Swimming Resource goes beyond traditional swimming instruction, by teaching children ISR Self-Rescue™ techniques designed to help them survive should they reach the water alone.
- ISR offers individualized swim instruction for infants & young children, teaching competence & confidence in the water.
- Classes are offered year-round, Monday – Friday
- Classes are offered to children ages 6 months – 6 years old
- Classes are taught at PARDS Indoor heated pool
- Taught by Certified ISR Instructor: Kristi Dubois
- Contact Kristi Dubois for more information @ (225) 400-7104 or e-mail her at K.dubois@infantswim.com
- Visit website: www.ISRofDenhamSprings.com

