



ISR Self Rescue Survival Swimming Lessons

Description:

- Lessons are one-on-one and last up to 10 minutes daily, Monday-Friday.
- Lessons must be scheduled at the same time each day for the child's benefit and will last for approximately 6 weeks.
- Lessons for children 6-12 months old focus on teaching the child to roll onto their back to float, rest and breathe, and to be able to maintain this life-saving position until help arrives.
- Lessons for children 1-6 years old focus on teaching what ISR calls, swim-float-swim sequence. Children learn to swim with their head down; roll onto their back to float, rest, and breathe; and roll back over to resume swimming until they reach the side of the pool, where they can either crawl out or until they can be rescued.
- Once skilled, children practice these techniques fully clothed.
- Each lesson is tailored specifically for you child.

Lesson Fees:

NEW STUDENT LESSON FEE	\$100/PER WEEK
REFRESHER LESSON FEE	\$100/PER WEEK
RETURNING STUDENT LESSON FEE	\$85/PER WEEK
MAINTENANCE LESSON FEE	\$25/PER DAY

**Lesson fees are paid 2 weeks at a time.*

**First 2 weeks payment is due upon approval of Registration.*

**Payment is required on Monday, every 2 weeks.*

**Register and pay at the Front Desk. Check, CC, or Money Order ONLY. No Cash.*

For questions or more information contact:

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