 SAFE SPLASHES by “Miss T”

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I am a Certified Instructor for the Red Cross and hold certifications in CPR/AED/First Aid/Aquatic Safety. I only offer Private or Semi-Private lesson’s so I can devote all of my time to YOUR child.

PRICING:

Mommy & Me” sessions for 1-2 year olds (30 min lesson or less depending on baby)

Toddler: 3-5 year old (Mommy if necessary) (30-40 min lesson or less depending on tot)

Ages 3+ that FEARS going UNDER water (30-40 min lesson depending on status of fear)

Youth: 6-12 year olds (30-40 min lesson unless we can’t start a new skill)

Small group is 2-3 kids at least 6 or older (50 min lesson maximum)

(8) “Mommy & Me” lessons for 1-2 year olds is $130 minus a $15 discount for pre-season sign-up = $115

(8) lessons for a 2-5 yrs (Mommy if necessary) is $140 minus a $15 discount for pre-season sign-up = $125

(8) Ages 3+ that fears going UNDER water is $150 minus a $15 discount for pre-season sign-up = $130

(8) lessons for 6-12 year olds is $130 minus a $15 discount for pre-season sign up = $115 total

(8) lessons for a small group (2-3) students is $95 - $15=$80 (See criteria below for group lessons)

1-I can do a Semi-private lesson for 2 kids AT THE SAME TIME if they have similar skills but they must be able to go under water & stand on their own.

2-I can teach 1 child for the first half of the lesson and the 2nd child for the last half of the lesson. (Please keep in mind that they are less likely to learn as many skills if they are only receiving instruction for ½ the lesson.)

PAYMENTS:

Payments can be dropped off here or you can send them thru my Pay pal account which is [stewart3824@gmail.com](mailto:stewart3824@gmail.com).

(Please choose the option “to pay a family member or friend” to prevent them from deducting a fee so you can avoid having to make up the balance.)

A deposit must be paid within 48 hours of reserving a time-slot or your reserved time might be released. You can pay for your lessons in 2 installments (1/2 now & balance 1st day of lesson) or you can pay in 3 installments (33% now–33% in 2 weeks- 34% day)

LESSONS:

Kids are more comfortable going UNDER WATER if they have goggles so have them bring a pair to classes. (Please adjust the strap to fit their head correctly BEFORE they come to class so we don’t have to take time for learning.)

Please apply SUNSCREEN 15 minutes before they get to class and make sure they go potty BEFORE getting in the pool.

Photos: I will occasionally take a picture/video of my students while they are performing a skill if I need to SHOW them what to do differently <or> if they are doing a skill perfectly and I’d like to put in my lesson book so I can show others what they should be doing. I might also want to use the photos/videos that I take during lessons for promotional purposes or for training materials. You are hereby giving me authorization to use photos/videos of your child IF

YOU SIGN RIGHT HERE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents ARE NOT required to STAY HERE during their child’s lessons but YOU MUST BE BACK AT LEAST 5 minutes before ending time or you will be asked to stay for future lessons.

SESSIONS AVAILABLE: (Lessons will be on MONDAY thru THURSDAY each week for 2 weeks.)

Session 1: Mon - Thurs starting June 5th thru June 15th  ~~8am~~ ~~9am~~ ~~10am~~ **11am** ~~12pm~~ ~~1pm~~ ~~2pm~~

Session 2: Mon - Thurs starting June 19th thru June 29th ~~8am~~ ~~9am~~ ~~10am~~ ~~11am~~ ~~12pm~~~~1pm~~ ~~2pm~~ Session 3: Mon - Thurs starting July 3rd thru July 13th ~~8am~~ ~~9am~~ ~~10am~~ ~~11am~~ ~~12pm~~ ~~1pm~~ ~~2pm~~

Session 4: Mon - Thurs starting July 17th thru July 27th ~~8am~~ ~~9am~~ ~~10am~~ **11am** ~~6pm~~ ~~7pm~~ ~~8pm~~

Session 5: Mon – Thurs starting July 31st thru Aug 10th ~~8am~~ ~~9am~~ ~~10am~~ ~~4pm~~ ~~5pm~~ ~~6pm~~

***The American Academy of Pediatrics issued a statement saying that a child under the age of 4 is not developmentally ready for formal swimming lessons. But the skills that toddlers can learn from playing water games and getting them comfortable in the water is extremely beneficial to a child and will definitely provide you with a little more time before an accident can become life-threatening.***

BREAKDOWN OF BABY STEPS TO OVERCOME BEFORE ANY EXPECTED SKILLS

Security (Away from parent & with me)

Comfortable (In the water itself/standing on their own)

Fear (Whole head under water or trying any new skill without me hanging on)

Confidence (Going under water on a regular basis)

Independence (Willing to be on own even when they can’t touch the bottom)

Kiddos must work thru these stages to save their own life so you will see me doing a lot of games or activities to build these before we work entirely on expected skills. (the above is not learned in any certain order)

STEPS to TECHNIQUES to SKILLS to SWIM

All of us (including Instructors) hope that a child will know how to swim at the end of just 1 session & every parent will have different expectations of what “being able to swim means”. But everyone has the same reason for giving their children swim lessons…..THEY DON’T WANT THEM TO DROWN.

There is A LOT more that goes on during the 1st session than teaching kids how to swim especially if they are NOT comfortable going in the water or don’t play in pools frequently. The 2 hardest things to teach a child is to immerge their HEAD UNDER WATER & to be completely ON THEIR OWN in the pool…..unfortunately, those are the FIRST two things a child must do before they will be able to swim. And every child is different and goes at their own pace…..that’s why Private lessons are preferred instead of a group session. Children tend to get “left behind” or even “held back” in group classes depending on the speed they learn these things at.

It takes a series of small steps in order to teach a child 1 single technique and most skills (strokes, paddle, tread) require MORE than 1 technique to master each skill.

-Every child is different and learns at different speeds so I CAN NOT predict how many sessions it’s going to take for your child to SWIM. Some skills might need to be broken down into smaller steps depending on the child so NO COMPARISONS should be made with other children or with other Instructors.

-Some “skills” might take multiple sessions to achieve especially when a child is afraid or refuses to follow instructions. Sessions might be ended early IF WE CAN NOT MOVE FORWARD.

-Toddlers can sense when a situation is going to be scary so it usually takes more time for them to put their face under water than the big kids. And once they do it – they might be extremely reluctant to do it again so it might take SOMEONE THEY TRUST to convince them to try again until they realize that their going to be OK. (It’s important for the Mom or Dad of the toddler to be in SWIM attire so you can get in the pool if I ask for your help.)

-The WORST thing you can do to a child around water is to PRESSURE him/her into doing something they are too scared to do. So I will give lots of encouragement & occasionally bribes BUT I WILL NOT FORCE THEM into doing something their afraid to do. (Parents are welcome to TRY encouraging them too IF it’s NOT working for me but you will be asked to leave the area if you “make demands or say something demeaning“ to your child because it will make matters worse!

PLEASE COMPLETE THE FOLLOWING WAIVER, SIGN AND IT MUST BE TURNED IN WITH YOUR PAYMENT OR THE DAY OF YOUR 1ST LESSON IN ORDER TO START.

2017 Swim Lesson Waiver & Consent Form

*Dear Swim Lesson Participant and/or Parent/Guardian (the “Parent”),*

Please complete this Waiver of Liability form prior to admittance into swim lessons (the “Activity” or “Lessons”). The following waiver is required for anyone participating in swim lessons under the instruction of **TERESA STEWART** (individually and collectively, the “Instructor”). I am NOT contracted or employed by any type of public facility.

Parents are responsible for their child both before and after their Lessons. There are no refunds for missed Lessons during the session you reserved.

Agreement, Waiver, and Release

I, the Participant or Parent, have carefully read the description of Lessons for which I am/we are registering, and, in consideration for being permitted by the Instructor to participate in the activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter inure to me, as a result of participation in Lessons. I hereby acknowledge that participation in Lessons does not guaranty that I/my child will be water-safe. This release is intended to discharge in advance the Instructor from any and all liability arising out of, or connected in any way, with my participation in the Lessons, even though that liability may arise out of negligence or carelessness on the part of Instructor. It is understood that this Activity involves an element of risk and danger of accidents, and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold Instructors free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my or my child’s death or injury or property damage that I may sustain while participating in the Activity.

Parental Consent

(Must be completed and signed by Parent if participant is under 19 years of age)

I hereby consent that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (child(s) name) may participate in the Activity, and I hereby execute the above agreement, waiver, and release on his/her behalf. I hereby assert that my child is physically able to participate in said activity. I hereby agree to indemnify and hold harmless the Instructor from any loss, liability, damage, cost, or expense, which may occur as a result of death or injury, or property damage that my child may sustain while participating in the Activity.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE INSTRUCTORS AND ME, AND I SIGN IT OF MY FREE WILL.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINT FIRST AND LAST NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I have received a copy of the Safe Splashes policies & information sent to me prior to these lessons & I fully understand and AGREE to those terms.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_