

Float2Stroke Swim School

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1. HOW LONG WILL IT TAKE MY CHILD TO LEARN TO SWIM?

Many factors can and will affect how long it takes your child to learn to swim. Age, previous water exposure (good or bad), diet and sleep habits, and the physical adeptness that children are born with are a few of these factors. Because I give private lessons, it enables me to individualize the lesson allowing your child to progress at their own pace. I do this by bending my technique to your child rather than bending your child to the technique. Therefore it is very difficult to determine exactly how long it will take your child to get through the course. A minimum of three weeks is required upon registration. This will be the least amount of time it will take your child to get through the course. At that point I will allow you as a parent to analyze your child's progress. Deciding whether or not to continue on a week by week basis. It is ideal to end their lessons when your child's COMPETENCE level is equal with their CONFIDENCE level.

2. WHEN WILL THEY STOP CRYING?

As a parent in this program, I remember asking the same question. It is entirely normal for you to be concerned about your child's emotional well-being. The cry of a child (verbal or nonverbal) is a signal, a form of communication. I have been specifically trained in this area of child behaviorism to analyze the different cries of your children. For instance:

- A. BEFORE, DURING AND AFTER THE LESSON: indicates that the student is truly afraid of the entire situation. I would then slow down the pace and make changes until the crying subsided.
- B. JUST BEFORE AND DURING THE LESSON: This child does not want to separate from the parent or associates the lesson with hard work. If it were "water fear" the cry would continue throughout the lesson and after. In some circumstances I would speed up the pace of the lesson, giving the student less time to hear themselves cry.
- C. DURING AND AFTER THE LESSON: This student may have been introduced to a new skill that they are not comfortable with. Once the skill has been mastered, the crying will

stop. The student that cries after the lesson only, may want to stay in the water to perform for the crowd. I would then introduce more complex skills or work a bit harder. There are some children who do not cry. But, through experience, I've come to expect some degree of crying. Although this can be very hard on parents, please TRY NOT TO REINFORCE THIS BEHAVIOR. Instead of saying "I know it's hard, it's almost over . . ." You could say "Yes, but I saw you look down at the flipper, or good getting the wall etc." You'll not only be keeping it POSITIVE, but you'll be telling them that you are watching and that they're not alone. THIS, MORE THAN ANYTHING I CAN DO WILL HELP YOUR CHILD overcome their reason for crying.

3. HOW CAN I HELP MY CHILD BEFORE AND AFTER LESSONS?

- A. DIET: Be sure your child is on a well-balanced diet. AVOID apples and apple products (including juice), hot dogs, pineapple, peaches, and any type of food that is difficult to digest. These foods have been found hard to digest and some cause gas which is better to avoid during strenuous exercise. Be sure your child does not eat for TWO HOURS PRIOR to a lesson to avoid vomiting and cramps. I recommend Gatorade after lessons to replace the electrolytes lost during hard exercise.
- B. SLEEP AND ILLNESS: Please try to maintain a regular daily routine for your child during lessons, including regular bedtime and nap time schedules. It is important that you DO NOT bring them if they are running a fever, or have shown other signs of illness. It has been proven that children actually regress in their swimming ability when they come to lessons ill.
- C. EARS: Thoroughly drying your child's ears after each lesson will decrease the chance of outer ear infections. Drying each ear with a blow dryer set on warm (not hot), one minute in each ear, should prove sufficient. Do not put anything into your child's ears unless directed to do so by your physician. The stimulation caused by drops or swabs can increase the production of ear wax and the build up can cause ear problems. If your child has TUBES in their ears, please bring it to my attention.

4. CLOTHING

If your child is not yet toilet trained, I require a disposable swim diaper, plus a washable swim diaper.

If your child is toilet trained, make sure that they wear a swimming suit that helps them move more freely in the water. Check all ties & hooks on suits before entering the water. Swimming suits that fit properly and securely will help your child have a more successful experience at their lessons.

5. VISITORS

I appreciate you letting me know if you plan to bring visitors to watch lessons. Also, be prepared for your child to act differently if someone else brings them to lessons or comes to watch them swim. Please instruct the adult who may be substituting for you as to how the lessons are set up and the philosophy of this method to avoid concern on their part.

6. HOW AND WHEN TO PAY

There is a required \$20.00 registration fee per child for all lesson types. This fee holds your slot in the swim school & also helps pay for pool maintenance & fun incentives that the children earn at the end of the week.

Payment for the entire session will be due on your first lesson. You can pay your tuition online, through Venmo @lisahogge5, cash or check that will need to be placed in your child's folder.

Tuition is \$240.00 for the 3 week 10 minute lessons, \$160.00 for the 1 week 20 minute lessons, and \$120 for the 1 week 15 lessons.

7. REFUNDS

Once you have registered, if you decide for any reason not to begin the program, you would forfeit your \$15.00 registration fee. Once you begin lessons, paid tuition is nonrefundable. These funds would, however, stay on your record and you could use them for future lessons as needed. The reason for this policy is the fact that the first few weeks of training are a very critical time of adaptation to a new environment, instructor, and technique for you and your child. It can be a time of very low self confidence in the water because the child has not had time to perfect their skills in the aquatic environment. If the child's lessons are terminated during this time, the last thing they will remember about the water is the lack of confidence in and around the water. One of my specialties is working with children with water fear problems, and I do not want to be involved in putting a child in that situation. Therefore,

make sure this program is for you (I feel it is for every child). Stay with it and support your child in every way you can until they have acquired the skill level you want them to have in the water. After the first three weeks of lessons if you need to withdraw your child from lessons, any outstanding tuition will be refunded.

8. MAKE-UP LESSONS

I do not offer make-up lessons. However, if you know your child is going to be ill for some time, or you are planning a vacation, you may give up your time and go onto a first priority waiting list. As soon as you are ready to come back into lessons let me know, and I will offer the next available time slot. If your child is ill for a day or so, a call to my cell or an e-mail BEFORE their lesson will save your space, and you will not be charged for the lesson. If you are unable to let me know your child will be missing lessons, you will be charged for the lesson, due to the idle time that I will have spent in the water.

9. WHY 10 MINUTE LESSONS?

- A. There is a serious condition called Hypothermia or better known as “Water Intoxication.” In simple terms it means that either too much water has been taken into the body or not enough released. Therefore, diluting the sodium content in the bloodstream. The victim may experience shiny skin, blue lips and nails, clammy skin, coolness, headache, confusion, seizures and coma. There have been three cases cited of infants in swimming lessons that have come across this problem. The lengths of the lesson times were 40, 45, and 60 minutes. When children get fatigued, they can actually start drinking water. This is one of the reasons I teach a maximum of 10 minutes for children who are new to the swim school & under the age of six, using a fatigue check. Therefore, preventing any chance of problems. ALSO PLEASE INFORM ME AS TO ANY CHANGES IN DIET, SLEEP, BOWEL MOVEMENTS OR URINATION. These can show other indications of fatigue or overworking.
- B. I am sure you are well aware of the length of time your child spends on one activity to the next, due to their short attention spans. I want your child to get out of the water at the peak of their learning ability. If taken past this they can actually lose some of their skills and practice them wrong due to fatigue. You will be amazed when you see the difference between four 10 minute lessons, in comparison to one 40-minute lesson. The theory is to work short amounts of time, but often.

- C. The lessons are designed to be a workout, not a playtime. I've found that they are usually physically and mentally ready to get out at the end of their ten minutes.

10. WHY 20 MINUTE LESSONS?

This course is for students who are confident & strong swimmers. The Freestyle, Back & Breast Strokes will be taught independently. These students will be focusing on technique, endurance & how to be more efficient in the water.

11. WHY 15 MINUTE LESSONS?

15 minute lessons are for returning students. They are offered to children who still need to pass the safety test, students who are learning how to stroke, and also for students who need help improving their form and also helping them to build confidence in a safe swimming environment.

12. YOUR PART IN THE LESSONS

- A. Safety before and after lessons are your responsibility. I assume NO responsibility for the safety of your children, your visitors, and/or you. Watch your children and remember you enter the pool-owners property at your own risk. It is your responsibility to inform your visitors of the rules.
- B. You keep a journal of your child's daily progress in their folder in my file box. If you have a specific comment about your child's lesson. Please make a note on the progress chart in your child's folder.
- C. My safety policy requires that you bring your child to the pool edge and hold onto them until I have them for their lesson. Then I will release them back into your arms at the end of their lesson. This is to avoid a possible accident at the pool edge. No child will be allowed in the pool for any reason except for the lesson with me. Before and after lessons your child is your responsibility.
- D. I appreciate you being involved in the lessons by clapping and letting your child know you are pleased with their "hard work." You will better help your child learn if you clap (or reinforce verbally) only when you see me verbally praising your child. This will help

avoid confusing your child. Sometimes what I am looking for during lessons is different from what might look good to you as a parent. If we together show approval for the same things, it will help your child feel successful and increase the child's chances of correct swimming behavior.

- E. Lessons are held 4 days a week, (M-T-W-F) If I have to change the days of lessons for something (a holiday, bad weather etc.), I will make it up on the extra week day or credit it to you for lessons. If there is a change in the schedule I will try to text you the night before your lesson starts, or the morning before your lesson if it happens to be a weather issue. Also, please check your email periodically during your session in case there is any updated information that I need to give to you.
- F. If possible please leave other children at home or with sitters. Although we do enjoy the added encouragement they can bring to the swimmers, it can also take away the concentration needed by your child and myself if I'm worrying about a little one falling in at the other end of the pool (which, believe it or not, has happened before). So, PLEASE for their safety, don't bring them if you can't hold them.
- G. Your attitude as a parent makes a difference. I will teach the in-water skills, you will teach the attitude toward the lessons, swimming, water, how to meet challenges, and dealing with new situations. Try not to reinforce the negative. (i.e. "It's almost over, stop crying, I know it's hard.") Reinforce the positive by telling them the things you saw them do correctly. (i.e. "Yes, but I saw you float, pick up a ring, or get the wall.") Please understand the impact you have with everything you do and say, before, during, and after the lessons. By keeping your statements positive, your child will want to do positive things in the lessons as well.
- H. If you are a first time swimmer, **THERE IS A MANDATORY PARENT MEETING WHERE I WILL GO OVER IMPORTANT INFORMATION FOR YOUR CHILD'S SUCCESS IN THE SWIM SCHOOL.** This will answer any questions you may have that have not been answered and I will go over your child's folder with you at this time. It is very important that you come to this meeting and leave the children home if at all possible. Sometimes children hear me say the words "crying" or "fear" to the parents, explaining the lesson and they're already worked up before the session even starts. The meeting usually goes about 20 minutes and starts anywhere from 7:30 a.m. - 8:00 a.m. I will email you a couple of weeks before the parent meeting. Please email me back **AS SOON AS POSSIBLE** letting me know if you can or can't attend the meeting. If you can't attend the meeting, I will try & set up a time to call you to go over the information. If you have any questions or concerns please feel free to email me at any time. My email address is lisahogge@gmail.com. If something is urgent and you need to contact me right

away, my cell phone is (801)376-4922. I hope that you have a wonderful summer and that you will become a firm believer in this program and the important role it can play in your child's life. Thank you so much!

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