

# **Little Blessings Academy**



## **PARENT HANDBOOK SWIMMING LESSONS**

# Welcome!

Thank you for entrusting us with your child's swimming lessons!

We offer private swimming lessons for ages 6 months to 5 years May 12th through July 31st. Morning, afternoon, and evening time slots are available Monday through Saturday. Appointments are available on a first come, first served basis. Your child must participate in a minimum of 4 sessions to acquire basic life-saving swimming skills.

We also offer group sessions for ages 6 months to 2 years Saturdays at 10:30 am May 17th-June 7th, June 14th-July 5th, and July 12th-August 2nd.

While no swimming lessons are drown proof, we will do everything we can to teach you and your child water safety and life saving skills to avoid any potential water dangers.

# Did you know?

Drowning is the leading cause of death for children of all ages.

- Drowning is the number 1 cause of unintentional injury death for children between 1 and 4 years of age.
- It is the number 2 cause for children between 5 and 14 years of age.
- It is the number 3 cause for youth between 15 and 19 years of age and those under 1 year old.

Drowning is also the 5th leading cause of unintentional injury death for people of all ages.

For every child who dies from drowning, another 5 receive emergency care for a non-fatal drowning incident.

Sources: Centers for Disease Control and Prevention, Safe Kids Worldwide

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, answer a phone, glance at a book, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Together, we can change that! Drowning is preventable.

# What you can do

The best thing you can do to help your child(ren) be safe in and around any body of water is to participate in swimming and water safety lessons! Swimming lessons are proven to reduce the risk of child drowning by up to 88%! Swimming lessons are also essential for becoming water-safe.

Every water environment is different. Make sure you understand the risks of the environment and take steps to reduce those risks.

Always talk to your child(ren) about water safety and establish rules for your family. Teach your child(ren) that bodies of water, fountains or other water features on or near your property or in the community are off-limits unless they are accompanied by an adult.

Teach them not to play competitive underwater games, such as seeing who can hold their breath the longest or seeing who can swim the farthest before coming up for air.

- Hyperventilation (taking a series of rapid, deep breaths before submerging in an effort to hold the breath longer underwater) affects the ability to breathe.
- The child(ren) could pass out and then instinctively take a breath underwater, leading to drowning.

Be sure to prevent unsupervised access to water.

Be prepared and organized before you get to the water.

Be aware of the water safety knowledge and skill levels of everyone in your family or that may be with you.

Apply appropriate safety measures based on skill level and environment, such as being within arm's reach of young children and requiring that weaker swimmers wear life jackets.

Ensure that you and everyone with you behave safely in and around the water.

Know how to handle water emergencies if things go wrong.

# Water Safety Tips

After pools, bathtubs are the second place where young children drown. However, buckets, bath seats, wells, cisterns, septic tanks, decorative ponds and toilets are also potential sources for infants and toddlers to drown.

Make sure your child(ren) are never left unattended in the bathtub.

Before you put your child(ren) in the water, make sure you have everything you will need, such as shampoo, soap, and a towel so you don't need to step away.

Install locks on bathroom doors and childproof toilet seats for the safety of your child(ren).

Empty unattended buckets immediately after you are done using them, even if they contain only a small amount of liquid .

Always store buckets in a covered area out of reach of children to prevent buckets from collecting rainwater. Toddlers can easily fall headfirst into buckets and drown due to being top heavy.

Make sure you drain all water from portable and inflatable kiddie pools, and flip them over to avoid collecting rainwater.

If there are bodies of water, fountains or other water features on or near your property or in the community, ensure your child(ren) are taught that these areas are off-limits unless they are accompanied by an adult.

# About our Coach



Keni Loud is CPR/FIRST AID/AED certified and certified in water safety. She has taught her children and many friends and friends' children how to swim. She enjoys creating a fun environment where children will be able to learn water safety and life-saving swimming skills. She has a creative and entertaining way of teaching children, using music and fun movements to help them retain skills they have been taught.

# What your child will be taught

Parent/Child and Group Session Lessons: 4 30-minute sessions

Child(ren) 6 months to 2 years of age. Child(ren) must be accompanied by a parent/guardian each session. Parents will learn how they can keep child safe in water. Child(ren) will learn how to safely enter the pool or any body of water, how to hold on to the side of the pool, how to float, arm (breaststroke) movements, proper leg movements, and doggy paddling (if desired).

Level 1 Lessons: 4 30 minute sessions

Child(ren) 3-5 years of age with no prior swimming lessons. Parents are encouraged but not required to attend the sessions. The Level 1 Lessons will cover all that is taught in the Parent/Child Lessons. In addition, your child(ren) will learn basic life-saving swimming skills, pool safety inside and outside of the pool, forward and backward stroke skills, leg movements, and how to go under water safely.

Parents/Guardians are always welcome to participate and get in the water with their children no matter their child's age, however, parents/guardians are required to be in the water in all group sessions and in private lessons if their child is 2 and younger.

# Parent Responsibilities

## Scheduling Private Lessons:

You are responsible for scheduling your child(ren)'s lessons. You are required to sign up for a minimum of 4 sessions for your child(ren) to have adequate time to learn and fully comprehend water safety and life-saving swimming skills. You are welcome to schedule as many lessons as you would like.

## Reserving a spot in the Group Sessions:

You are responsible for reserving your child(ren)'s spot in the Group Session.

Group Sessions are as follows at 10:30 am-11:00 am;

May Session 5/17, 5/24, 5/31, 6/7

June Session 6/14, 6/21, 6/28, 7/5

July Session 7/12, 7/19, 7/26, 8/2

There will be make up group lessons in case you can't make it to one of the dates within the session you choose. Please notify us at least 24 hours before the group session to let us know.

## Payments:

Payments are due in full before each lesson. You may pay by cash, Venmo, Cash App, Zelle, or through our website at;  
<https://www.littleblessingsacademy.org/resources/payments>.

## Liability:

You are required to sign a Waiver of Liability and Agreement before your child(ren) enter(s) the water.



# Parent Responsibilities

## Arriving/Preparing:

You will need to arrive a minimum of 10 minutes prior to your child's scheduled session. You will need to assist your child in using the restroom and changing into swimwear, so your child can spend the full 30 minutes in the water training. You are required to bring a towel, sunscreen, goggles, and eardrops if needed.

## Participation:

Parents are welcome to be in the water and participate as much as they desire. Parents must encourage and cheer their child on during lessons. Threats, bribery, or harsh communication to any child from parents or siblings is strictly prohibited and will result in lessons being discontinued.

## Cancellations, Reschedule, No Show:

At least 24 hours' advanced notice is required for cancellations and rescheduling.

There will be no refunds for cancellations or no shows. There will also not be any reschedules for no shows.

# Pricing

Each private lesson is \$50.00. (A minimum of 4 sessions are required for your child to have adequate time to learn and fully comprehend water safety and life-saving swimming skills.)

Returning swimmers receive a 10% discount per private lesson.

Each group session is \$25 per lesson with 4 lessons in each session. Total cost of \$100 per session.

Children enrolled in Little Blessings Academy will receive a \$5 discount per lesson.

# Agreement to Participate With Assumption of Risk, Waiver and Release of Liability

Parent/Guardian First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Name of Participating Child: \_\_\_\_\_ DOB: \_\_\_\_\_

Gender:     M           F

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Email: \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

Assumption of Risk and Waiver of Liability: Swimming, like all athletic activities, involves elements of risk to participants and can be a challenge for some persons. In consideration of my child being allowed to participate in the swimming lessons at Little Blessings Academy located at 2503 FM 3041 Corsicana, TX 75109 and/or any similar host site, I, for myself and my family, heirs, administrators, estates and executors, voluntarily agree to assume all inherent risks incidental to swimming lessons. I further agree that Little Blessings Academy, it's members/owners, employees, agents, sponsors, volunteers, instructors, the owners of alternative host site(s), and their successors and/or assigns, are not liable for, and I hereby release from, any and all claims for costs, damages, death and/or injury to the fullest extent allowed by law resulting from those swimming lessons and activities, even if arising from ordinary negligence. Participants and/or spectators agree to observe all rules of Little Blessings Academy and of the alternative host site(s) where/when the swimming lessons are held. Permission is granted to Little Blessings Academy to utilize video or photo images or likenesses of my child for promotional purposes on social media and website.

Medical Certification & Release: I hereby certify that my child is in good physical health and has no medical condition(s) that would prevent full participation in the swimming lessons and activities. In the event of any medical emergencies, I authorize Little Blessings Academy to take whatever actions it deems necessary (including transport to medical service providers), and I agree to assume full responsibility for all costs associated therewith.

I have read, fully understand (including that I am giving up legal rights/remedies which may be available to me), and voluntarily agree to each of the above statements.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

# Acknowledgment

I, \_\_\_\_\_, am the parent/guardian of \_\_\_\_\_. I have received the Parent Handbook and Waiver of Liability. I have read and understand the Parent Handbook which includes the swimming lesson policies, and agree to the terms and conditions listed therein. Further, I have executed the Waiver of Liability.

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**Parent/Guardian Signature**

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**Date of Signature**

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**Provider Signature**

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**Date of Signature**