



**2026 PARENT AGREEMENT
Survival Swim of Baton Rouge
AshleySurvivalSwim@gmail.com
(225) 803-4805**



Child's Name-Age (in mos)_____ Swim Time: _____

*IMPORTANT LESSON RULES AND INFORMATION- Please print a copy of this document. You must provide a copy of this document with original signatures and initials prior to or by the first day your child begins lessons. Please retain a second copy for your records to refer to throughout the session. If you can't print them out, please sign them using DOCU-SIGN and email back to me @ AshleySurvivalSwim@gmail.com.

*I MUST HAVE ALL VACATION DAYS MISSED DURING OUR SESSION (FRI-SUN DATES ONLY) BY DAY 1, VERBALLY, POOLSIDE & Also WRITTEN BELOW.. Please list any vacation dates where you will miss 4+ consecutive WEEKDAYS/ Lesson Days or more:

_____**I DO NOT MAKE UP lessons unless Ms. Ashley truly sees that your child needs extra time in order to be skilled according to what he/she is doing at the END of the session, to leave safe and skilled to survive in the water, should he/she find the water alone. This is solely based on what I, as the Swim Instructor, sees that your child needs. We will communicate often throughout the session, and I will let you know if I see any area that we need to discuss, as we progress. Initials of BOTH parents/guardians/caregiver who will be bringing the child below. Anyone bringing your child MUST read over this agreement and commit to follow it as you/ child's guardian have committed to. ALSO ADD anyone who will be bringing your child to lessons to www.Remind.com/join/2026SESH

*PLEASE ONLY USE THE REMIND APP ONLY TO COMMUNICATE WITH ME & KEEP UP WITH ALL PAST MESSAGES WITH ME & TURN ON NOTIFICATIONS FOR MESSAGES TO GO TO YOUR CELL PHONE NUMBER AS WELL. PLEASE CHECK IT THE REMIND APP EVERY SINGLE DAY<><

*Have each guardian bringing your child to lesson join this [REMIND](#) group & [SAVE THEIR PROFILE DISPLAY NAME w/ THEIR NAME AT THE END](#) instead of yours so I can easily find your child's name to communicate intentionally.
See BELOW & INITIAL:

_____ [USING REMIND APP](#): I have done the following within the REMIND group. *Use ONLY your cell phone number to receive messages & join the Remind group link, but an email is also required.

- * Download the Remind app to read messages and check it often.
- * Turn on notifications to send to your cell phone number.

*Be sure to label your [Profile DISPLAY NAME](#) in the [REMIND App](#) with NO Spaces so it FITS on Main Screen: USE THIS FORMAT and TAKE OUT ALL Dashes, Slashes, Periods, Use only SPACES if it won't SAVE with the dashes or slashes:

[CHILDFIRSTNAME\(all caps\)-Age\(m=in months\) Swimtime /Parent First Name](#)
(Ex: EVANN-24m/ 4:30pm/ Ashley)

Save it as the [PARENT](#) when asked at the bottom.

**If you can't add your child's name to your [Profile Display Name](#), please send me your child's info in the above format through [REMIND](#), and I'll add it to a private note on my end. Please READ OVER this Parent Agreement MULTIPLE TIMES and text me through [REMIND](#) if you have any questions or concerns.

[All Remind messages are PRIVATE & Sent only to me!](#)

*Your child has reserved a Survival Swim Session

PRIVATE 4-DAY WEEKDAY OR A 3-DAY WEEKEND Session: **TOTAL of 15-16 DAYS**, either Monday-Thursday (4wks) OR Friday-Sunday (5wknds).

Our Swim Schedule will be as follows..

March 2-23, Monday-Thursday for 4 wks.

See REMIND app for specific info regarding location, parking, etc.

"Parent Swim w/ ME Day & Graduation Day" will happen on the last day, depending on when he completes the 3-min float in winter clothing!

_____ You are reserving/ committing to pay for your child's time slot registered for, regardless of how many times he/ she attends. Please be sure to read over info on Attendance & Missing lessons info/ initial in the spaces below.

_____ **1. FORMS:** Please be sure to read over carefully, sign and print/email all forms attached by DAY ONE of lessons.

_____ **2. DAILY POOLSIDE INFO:** Info regarding any changes in your child's Bowel, Urine, Diet, Sleep, Behavior, Energy. This information is needed to ensure the safest lesson for your child. I will ask the caregiver designated questions daily poolside before the lesson and fill in the necessary info. This information will be used to customize each lesson to your child's specific needs for that day. Please make sure you discuss any unusual issues and/or concerns with me prior to the lesson.

_____ **3. TIME SCHEDULE:** Survival Swim lessons are one-on-one service provided by a Certified Survival Swim Instructor. I expect you and your child to gain the maximum benefit by being consistent and on-time for the duration of the lessons.

Please **PARK ONLY 3- minutes prior to your scheduled lesson time, following the time on your smart device, change him/her, and ARRIVE in the pool area only **@ 1-MINUTE BEFORE** your child's swim time to lessen distraction/traffic. There will be very strict expectations on HOW to PARK and WHEN to not cause any issues in order of arrival. See Video coming to you via **REMIND**.

On **DAY 1, please be sure to TAKE A PICTURE with my **"1ST DAY OF SURVIVAL SWIM"** Sign and be sure to POST & TAG me @Ashley Survival Swim on all socials! **SELFIES ARE BEST!**

FYI: Your lesson cannot be guaranteed if you are NOT ON-TIME. If it happens that you are late, of course, I will do my best to fit you in, but again it cannot be guaranteed. When your child has completed his/her lesson, please dry your child off, allow for 15-30 seconds of Recovery time, laying on their LEFT SIDE / poolside on their towel, enjoying a little snack/stamp from Ms. Ashley, then change swim diaper only into a regular, dry diaper only, safely EXIT the pool area quickly to your vehicle to finish changing your child, so the next students may arrive and get set up for their scheduled lesson.

If you need to speak with me, please [text me via REMIND](#) after you leave the pool deck and we can schedule a private phone call to chat after my daily lessons are over.

*BE SURE TO HOLD YOUR CHILD ON **YOUR RIGHT SIDE HIP**, PRESSING ONLY AGAINST **THEIR LEFT SIDE** TO GET ANY AIR OUT. IF YOU PRESS ON THEIR RIGHT SIDE, STAND BACK! VAGAL NERVE RUNS DOWN FROM BACK OF THEIR EAR AND IT MAY MAKE THEM SPIT UP IF PRESSED BEFORE BURPING! 😊

Lessons are a total of **10-12 minutes** from beginning of questions to the END (recovery time) on the pool deck. We will discuss more about this on Day One Poolside. Be considerate when arriving and departing and follow the instructions to help keep things moving in an orderly fashion.

If you park & ENTER pool area too early, you will be asked to go back and sit in your vehicle until **1-minute BEFORE your child's swim time &, no earlier please. It upsets your child too arrive early and could cause more resistance coming back into the Pool Area/ Lessons.

_____ **4. ATTENDANCE POLICY:** Consistency is crucial to not only the learning process, but also to the retention / application of learned skills. Bringing your child to each lesson offered will increase the rate of progress and retention of skills, longterm. PLEASE NOTIFY ME 24 HOURS AHEAD OF TIME IF YOUR CHILD WILL BE ABSENT. If you CANCEL DAY OF, more than once, you will lose your child's swim spot & may be dropped or moved to the last time of the day in current or another session.

_____ **5. PAYMENT:** Survival Swim PRIVATE, One on One lessons are **\$950 per child**, including **\$100 registration fee** due to location. The total fee for lessons is not prorated, as you are paying for a weekly time slot for 15-16 days, whether or not your child comes to every single lesson time slot provided.

_____ **6. SWIM ATTIRE: 2 NON-DISPOSABLE, REUSABLE SWIM diapers-NO LITTLE SWIMMERS!** In-water potty BM accidents DO happen, and anyone not potty trained should be dressed in TWO layers of protection. This "double protection" will help to ensure a safe pool environment for everyone. Please make sure your child is wearing TWO NON-disposable, REUSABLE swim diapers DAILY, either alone or with a swimsuit on top. See below to know which ones are allowed.

These were also sent via Remind to refer to:

Click the links here below for the type of NON-Disposable Swim Diapers that I am talking about:

1. [***Splash About Swim Diaper**](#) (goes ON TOP of other one)- THESE ARE A MUST!

Size UP! NOTHING gets out of them

2. [***iPLAY Non-Disposable Swim Diaper**](#)- Size UP! Put this one on FIRST, then the other one (#1) ON TOP.

These may also be found at Buy, Buy Baby & Target, Walmart, or order via Amazon.

A bowel movement in the pool will result in pool closure/lessons canceled for 24 hours.

The health and safety of all students is of the utmost importance.

*If your child is not wearing double layers of protection and has a bowel movement that compromises the pool, you will be responsible for the treatment of the pool in order to get it sanitized properly.

(Cost of \$50 or more). These 2 NON-Disposable, Reusable swim diapers will NOT stop urine/ wetting through, as it only holds BMs, so in order to change your child BEFORE walking into the pool area or before leaving home/school, please place a REGULAR diaper on top of both of the 2 Non-Disposable Swim Diapers until it is your child's turn to swim. You can remove the Regular diaper once you hand your child to me on the pool deck to keep yourself car seat dry. This "Double protection" includes 2 NON-DISPOSABLE, REUSABLE swim diapers. Your child may wear a swimsuit on top of these, as well, or they can wear the 2 non-disposable swim diapers only. It's up to you.

7. TOWELS: Bring 2 large towels where you can fold the 1st one to act as **2 towels PER CHILD EACH**

DAY: The 1st towel is used as a germ-buffer on the pool deck. The child is placed on top of the 2nd "towel layer/barrier" once they are done with the lesson. You will open up each towel into its full rectangle size or fold it once IF your child's full body can lay on top of it during recovery, on their left side. This is in place to prevent the transmission of bacteria from the pool deck. At the conclusion of the lesson, I will place your child on his/her left side to allow for air release (burps) and to rest from their hard work in the pool. I will also give them a stamp, "treat," & baby puffs. Be sure to let me know which little snacks/candy are your child's favorites.

8A. DIET PART 1: Please DO NOT give your child any food or drink at least 1.5 hours prior to lessons. If your child is over 12 mos old, outside of their main milk (2-3 hours before), PLEASE DO NOT GIVE YOUR TODDLER **ANY DAIRY OR FRUIT IN ANY FORM BEFORE LESSONS**, as it is not necessary to have **BEFORE a SWIM LESSON**.

FRUIT IN ANY FORM WILL CAUSE BLOATING AND WILL NOT DIGEST OR HELP YOUR CHILD AS HE/SHE IS TRYING TO GET GOOD, DEEP AIR DURING THE 1ST HALF OF OUR SESSION! Please only have your swimmer drink water, **NO FRUIT JUICE! NO DAIRY OR FRUIT/ FRUIT COCKTAIL** is always BEST BEFORE Lessons! Giving your child more MEAT & CRACKERS instead of DAIRY/CHEESE/YOGURT/FRUIT/VEGGIES really helps them to NOT start lessons with a **DISTENDED, BLOATED BELLY** while learning BREATH CONTROL and won't cause anything to come up afterwards once they burp. No one works well on a full stomach and your child will be working very hard.

PLEASE TELL DAYCARE NO FRUIT/VEGGIES AT ALL AT BREAKFAST/ LUNCH! THIS FRUIT WILL COME UP DURING LESSONS WHILE BURPING & YOUR CHILD'S LESSON WILL BE IMMEDIATELY OVER IF IT DOES.

**If your child's belly is distended/bloated when he/she arrives to lessons AND is still crying in lessons (EXHALING their AIR FASTER and taking IN AIR FASTER), their belly fills up with air super fast like blowing up a balloon, and whatever has not been digested still WILL come up when they finally burp. This can happen especially while learning the FLOAT. This is why we have them lay down on their LEFT SIDE on their towel after lessons, and ask that you please be careful NOT to put pressure on their RIGHT side because their Vagal Nerve runs down from behind their ear to their stomach, which causes them to gag or even throw up.

See Specific Foods to AVOID Altogether Below:

NOTE: Be sure to tell ANY DAYCARE, SCHOOL, ETC. TO NOT GIVE YOUR CHILD ANY DAIRY, CHEESE, FRUIT, FRUIT COCKTAIL AT ALL 2-3 HOURS BEFORE CHILD'S LESSON

8B. DIET PART 2: Please DO NOT GIVE YOUR CHILD THESE ACIDIC FRUITS BEFORE YOUR CHILD'S SWIM LESSONS: NO APPLES/ APPLE PRODUCTS/APPLE JUICE, PINEAPPLES, PEACHES, PAPAYA, SPINACH, BLUEBERRIES, STRAWBERRIES, FRUIT COCKTAIL OR FRUIT IN ANY FORM for the entire duration of lessons. If your child's belly is constantly distended daily from eating the wrong foods or eating too close to their lesson, and I cannot get a good burp, the lesson will be OVER, IMMEDIATELY!

9. WATCHING LESSONS:

It is so important for the child & instructor to begin DAY ONE getting to know one another, and your child will need to focus on ME ALONE as the instructor once he/she is handed to me. Do not let them walk to me, but walk with them, hand in hand, and have them sit in your lap while you are answering poolside questions/ laying down towels. I will ask that until your child builds trust with me and gets to know what I need/ expect from them, anyone on the pool deck besides myself needs to be VISUALLY REMOVED FROM YOUR CHILD'S VISION and OFF of the POOL DECK AREA until lessons are done or until you are called over by ME to watch, if at all. I will have designated places for you to "hide and watch" without being seen by your child at each pool site. It'll be noted in the Parking video that you will receive via [Remind 24 hours before Day One](#).

Once the poolside questions are answered, you will be asked to leave the POOL AREA and will need to RETURN once I call you over to either watch the last 2 presentations or to meet your child on their towel while they recover. The BEST thing is to watch WITHOUT BEING SEEN BY YOUR CHILD. This includes anyone who brings your child, so please make them all AWARE of this rule: siblings, mom, dad, any caregiver, grandparent, babysitter, etc. who may become a distraction or cause the child to cry out more than usual during lessons because he/she sees them, and begins to focus on CRYING TO GET YOUR ATTENTION rather than focusing on the water and what he/ she needs to do. Your child will be working very hard from the beginning on proper breath control and breathing effectively in their float, so crying adds to that difficulty because it causes your child to blow out all of his/her air.

****Day One will be a shorter lesson in the water as we will focus more on Procedures/Processes, any Remind app issues, gathering/ going over paperwork, vacation dates to discuss, etc, so return back to Towel Area AFTER 5 minutes to chat more with me & congratulate your child for a great DAY ONE! I want them to lay down, get a treat & stamp starting Day 1, so please have them do this when you walk over. Please don't pick them up !:)**

FYI: When a child first falls into the water, they are not crying on the way into the water. They will immediately hold their breath, focus on rescuing themselves **FIRST** instead of calling for help or crying first. Calling for help comes **AFTER** he/she is securely breathing in his/her life saving float. Knowing beforehand that he/ she is coming to swimming lessons often starts the tears sometimes, so please know that once they get used to me/what's expected in the water, they will progress faster and easier when outside distractions are removed. The skills that your child is learning and the way that I teach them works **SUPER FAST** towards your child gaining competence quickly, which produces **CONFIDENCE** within that 1st week and eventually work towards a **2-MINUTE FLOAT**, even in **CLOTHING** at the end. As your child calms down and begins to master daily/ weekly skills, he/ she will become more confident and will cry less and less and focus on breath control & head / body posture. I will video daily and if you want to post, I will send you some of this video as I am able, at end of the day, so feel free to remind me later that evening.

MOST IMPORTANTLY, as the parent, I commit to be **SUPER ENCOURAGING** when discussing Swimming lessons around my child. Children pick up whether they should be scared or brave or even concerned based on what Mom/ Dad's facial expressions & words are, so be the **best cheerleader** before & after each lesson, on/ off the pool deck!

Things NOT to say: "let's be brave", "you're not scared", "I'm so sorry", etc. Instead, **CHEER LOUDLY** about how much you can't wait to see your child swim, kick, float and most importantly, "NO WATER!" Please DO NOT even mention the word crying, or say phrases like "no more crying." Lots of **SMILES, HAPPY facial expressions**, all of the **positive, YOU'VE GOT THIS vibes!** I will work on various things to help your child with that in the water. At the end of every lesson, each child will get a "treat" and a "stamp" and they usually stop crying immediately to get that reward for doing a great job! IT IS SO CUTE ! A lot of their initial first few days of crying is simply a (false) fear of the unknown, of what they can/ can't do when in the water, but that's where I come in! 😊

*Also, **BIRTH ORDER** plays a HUGE role in how your child will perform, especially if this is their 1st session with me. Firstborns typically are the most cautious to accept that they can trust me, trust themselves, and will need to be the most "in control" of what they learn. I will work on making them feel super safe and in control from jump. They are sometimes the most upset/ cry more/ verbalize more and have the most false fear, as they are often thinking, "I don't know how to do this." That's where the importance of their Sensorimotor Learning & Muscle Memory comes in and will really be beneficial for them as they do it more often and "think less, move less."

The 2nd, 3rd, and 4th borns will adapt faster and easier, the further down the line that they are. 2nd borns are usually the OPPOSITE of the 1st, and the 3rd is even quicker. I will teach your child exactly what they need to know 1st in the area that they FEEL the safest in 1st, as well as doing what they need to practice more 2nd, on a DAILY basis! YOUR CHILD IS IN THE BEST HANDS IN THE WATER-I GOT THEM

I commit to trusting & following Ms. Ashley's "Watching Lesson" guidelines and I understand that IF MY CHILD SEES ME DURING THE LESSON & HAS A MELTDOWN to where Ms. Ashley can't get them back on track, the lesson will be OVER! I commit to do what's best FOR MY CHILD during these very important lessons.

----- **10. PARKING:** You should be able to ARRIVE, PARK, GRAB your Swimmer/ 2 towels/ items and WALK BACK right AT your child's EXACT swim time OR @ 1-minute BEFORE (See Diaper Suggestion to do BEFORE ARRIVING under **#6. SWIM ATTIRE**). An Instructional video with pictures will be sent via [REMIND the day before](#) your child's first lesson. *Make sure you received my REMIND messages already this week. After your child's lesson, DO NOT CHANGE your child into ANY CLOTHING on the pool deck. ONLY put on a DRY, REAL diaper poolside in order to remove the 2 NON-Disposable Swim Diapers to prevent you from soaking you/ your child's car seat, etc. You are welcome to change them once back at your car, but QUICKLY to not have your car PARKED TOO LONG to prevent others from Parking. I will walk you through all of this on DAY ONE. Be sure to send all PARKING info to anyone who is bringing your swimmer.

It is BEST for the MAIN Person bringing your child to lessons to come on DAY 1 if at all possible. Once in the Pool Area, please wait in the Parent Sitting Area quietly until you are signaled by ME to bring your child over to me in the pool area/ towel area. We will go over this Step by Step on Day ONE. <><

*An Instructional video with pictures will be sent via [REMIND the day before](#) your child's first lesson. *Make sure you received my REMIND message already this week. BOTH ADDRESSES ARE LISTED IN REMIND GROUP NAME. If you or anyone has not joined Remind, ADD them/ yourself ASAP!

----- I commit to following these Parking Guidelines and will make sure that anyone who brings my child to swim is aware, committed, has joined REMIND, & has signed this as well. I understand that this can make or break my child and others from using the host pool. I WILL HONOR, RESPECT, AND FOLLOW these guidelines to the best of my ability or my child's swim spot could be released.

----- **11. RESTROOM:** Since lessons are only 10-12 minutes total (in water); please make sure everyone has used the restroom BEFORE arriving for lessons. Since this is NOT my personal space, I ask that the use of the bathroom is very minimal. Children will get used to this and will "say" they need to use the bathroom" in order to delay their lesson. They can definitely use the bathroom, but please only in emergencies for BMs. They are also 100% fine to even potty in the pool too!

----- **12. VIDEO/ PHOTOGRAPHY-** Videotaping is usually ONLY allowed starting on the last day of each week, so please ASK ME before recording. I LOVE seeing / getting videos! But please do not video my entire lesson nor post without asking me first. If you would like to take a video, please inform me beforehand. When you do post one, please be sure to silence the volume on every video, especially if your child is crying loudly or I am saying something important to you, and then TAG ME in it on BOTH of my accounts on Facebook & Instagram @ "[ASHLEY SURVIVAL SWIM](#)" and "Survival Swim of BR." I also LOVE Day 1 vs. Day 5, 10, 15 DAY videos, so videos and pics are welcome, especially to see the progress!

* I WILL BE VIDEOING AS WELL FOR MYSELF AND WILL ALSO TRY MY BEST TO SEND YOU DAILY VIDEOS AT THE END OF THE NIGHT, ESPECIALLY IF YOU WILL POST! If you don't post, I'll do my best to send you any video by the end of the week.

**The BEST way to send/receive pictures/ video is via AirDrop if you have an iPhone, but it must be done while at my pool, close distance-wise to my iPhone. Please Go under [SETTINGS](#), click [GENERAL](#) then click [AirDrop](#), then click [CONTACTS](#) and choose [EVERYONE FOR 10 MINUTES](#) when at the pool deck. Otherwise, I will send a [iCloud](#) link that you may have to wait to pull up/ view until I or you have WIFI. Please BE PATIENT if it takes a few hours to come through!

----- **13. RAIN, SICK, & VACATION DAY POLICY GUIDELINES:** Survival swim lessons are a significant time commitment. Swimmers can miss up to 1 day per week and still be skilled & safe enough to survive at the end of the 15-day session. **If you know in advance that your child will not be attending a lesson, please let me know as soon as you know. Text via REMIND app to tell me about any vacation days & I must know by DAY ONE POOLSIDE of lessons if you are going on vacation. Because lessons are so frequent and because of how we teach to their SENSORIMOTOR learning and build upon each skill taught, there IS room to miss here and there. Sometimes missing lessons actually helps your child's muscle memory really kick in because of the way I teach, it activates their LONG TERM MUSCLE MEMORY, and missing lessons actually can heighten that sensorimotor long term muscle memory learning. You'll see over the weekends how much their muscles remember after having days off. Your child WILL NOT lose their skills from previous lessons before if they miss a lesson, especially with the firstborns! It isn't something I want you to worry about.

I got you and your child! **You will be AMAZED! TRUST THE PROCESS & DO NOT WORRY!**

----- *I Understand that Ms. Ashley does not make up lessons due to weather or sickness, unless [SHE FEELS](#) it is NEEDED for your child to be fully skilled, as the Instructor, in order to be skilled/ safe in their float. **EVERY CHILD IS DIFFERENT AND HAS DIFFERENT NEEDS/ LESS OR MORE PRACTICE TIME.** If your child needs more, it will be at the very end of your child's current session and we will use any weather days missed at the end of our session. If your child does need more lessons AFTER the full session, any extra lessons needed will be added at the very end of your child's current session (in a future session) and at a rate of \$150+ per week. We will re-evaluate at the end of week 3 as to where your child is at, so you and I can plan accordingly, if need be. Children learn WAY FASTER than we do and I have never needed to extend any days due to how fast I teach and how many days I allot already for review/practice days. The final week where we add clothing for 2 days, will also seal the deal with the float! You'll be amazed!

13-A. ILLNESS: If your child must miss a lesson unexpectedly, please contact me by REMIND as soon as you know your child will be absent. This is a courtesy that I greatly appreciate when planning daily and even trying to accommodate pop-in maintenance/refresher lessons. TEXT ME via REMIND, ANYTIME TOO, DAY OR NIGHT. The sooner, the better! Text me via REMIND asap if your child runs a fever of 100.5 or above. We cannot swim until they are fever free for 24-48 hours. Should sickness result in an extended absence from lessons (4+ consecutive days), we will make a plan if need be.

13-B. VACATION: If you know when you are going on vacation in advance, for a week or more, please let me know as soon as possible or at least by DAY ONE of lessons poolside. If you take individual days for vacation the same policy for SICK DAYS will apply.

13-C. ADVERSE WEATHER: Unless it is raining/thundering/lightning too severely to hold lessons, we will swim! Because of the ever-changing weather in Louisiana, your instructor will try to have lessons, however, if the weather is too severe, or unsafe for your child to swim, your instructor will send a text message via REMIND group to cancel the lessons within 30 min or less from when lessons begin. If you do not receive a text, please still come! It may be raining/storming over by you, but not necessarily over the pool area. Please make sure that you have joined the REMIND group. Also, we WILL NOT SWIM if the "REAL FEEL" AIR Temperature is below 60 degrees, as it is too cold for a child's head to be submerged in and then get out in such cold AIR temps. **LIGHTNING POLICY MAY APPLY TO THE INDOOR POOL.**

Once you have joined, I use multiple **FREE apps for Weather:**

#1 FREE APP is **WAFB First LOOK Weather.**

#2 FREE APP is **ACCUWEATHER.com** tells us minute by minute what is coming.

#3 FREE APP is **STORMRADAR.com** by the Weather Channel.

It tells us the most accurate forecast of what is here and what is coming according to our SWIM location.

I will do my best to make the BEST decision, 30 minutes to an HOUR ahead of time, based on what I see happening here, as well as what's coming. Please choose one or all apps and download them now and put in the Pool Address/ pool location in order to stay up to date to the minute on lightning, rain, etc. However, if you do not hear from me within that time range, please plan on coming STILL to the pool. One thing I've learned is that usually what the weather apps state DOES NOT end up happening over 90% of the time! HA!

*FREE WEATHER APP-(click to download) **LIGHTNING ALARM** & is a MUST to DOWNLOAD and FOLLOW! It is the MOST accurate app right now. Please put in the Pool Location Address and CHECK Weather before you come.

Lightning Policy is no swimming for 60+ minutes once lightning has struck. Be sure to check your [REMIND](#) texting group if the weather looks bad. I will update you [via REMIND](#) as soon as I know. Please know that I will do my best to make the best decision with the weather that is here and that is coming. I will make a decision based on what is best for everyone as a whole to keep everyone and myself safe and hold an effective lesson based on the conditions outside at the Pool's location.

*Refer a friend who signs up with me in a session and receives 2 FREE lessons for a sibling per sign up!

TAG ME in ALL PICS & VIDEOS on social media.

Please **ADD ME** at these platforms below & always tag & share my posts:

1. Facebook [@ASHLEY SURVIVAL SWIM](#) & [@Survival Swim of Baton Rouge](#).

JOIN my FB GROUP: [@2026 Ashley Survival Swim](#) for SWIM CONVOS & QUICK ANSWERS

2. [@ASHLEY SURVIVAL SWIM](#) on Instagram

3. [@ASHLEY SURVIVAL SWIM](#) on TikTok!

People KNOW about Me ALL because of YOU, so please take video and pics and spread the word (Mute the volume if your child is crying).

14. QUESTIONS: If for any reason you have a concern or a problem, I would be happy to discuss your concerns/ needs over the phone, but at the end of the day. My swimmers in the pool/ lessons are my first priority and communicating during a lesson isn't always the most effective. I will be happy to discuss your child's progress with you though at any time outside of your child's swim lesson time. In consideration of other swimmers/ parents who are scheduled after you, please try to help me stay on schedule.

If you need to have a conversation with me, please text me through [REMIND](#) along with a "best time to call" and I will schedule that with you after I get out of the pool at the end of that day. I usually swim from 8:00am-12pm and then from 1pm-6:30pm most days during the regular swim season.

_____ **Statement of Responsibility/Liability:**

I understand that while my child is in the water with Ashley Spencer during Survival Swimming lessons, that she shall be responsible for my child. Therefore, at all times that my child or any other child with me is not in the water, I or my designated agent, shall be **TOTALLY RESPONSIBLE** for my child's safety & well being, as well as **RESPONSIBLE** for **ANY & ALL DAMAGE** that myself, my child/ children may cause to the Pool Location, Bathroom & property and **ALL** items on the property.

I completely release the owner of pool & property or **ANYONE** allowing us to **USE** their pool as a replacement pool, if needed, from any potential liability for any possible, personal property damage and/ or personal injuries suffered: by any child, I or my designated agent, brings to the facility, by myself or by my designated agent, while on the premises of the pool owners' homes.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THESE RULES, AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT THAT WILL BE VALID FOR THE ENTIRE DURATION OF LESSONS.

PARENT #1 Signature: _____ **DATE:** _____

PARENT #2 Signature: _____ **DATE:** _____

SURVIVAL SWIM OF BR – Waiver of Liability 2026

BEFORE your child/children may participate in the Survival Swim of BR Program, BOTH parents /guardians (if applicable) must read and sign. Your child will not be allowed to swim if you have not agreed to and met the following requirements:

1. I/We, _____, the parents/guardian of the swimmer(s), _____, Acknowledge and Recognize that there are risks inherent in swimming and/or taking swimming lessons. In exchange for participating in the swimming lessons program conducted by Ashley Spencer, I agree to hold, Ashley Spencer, a Certified Swimming Instructor, nor the **STANSBURY, GENESIS HEALTH CLUB, or the GOMEZ, LEBLANC, COGHLAN, DANIELS, LEBLANC, & GOTTE families**, owners of the pool and premises where the lessons are to be conducted, (along with their respective owners, instructors, directors, employees, agents and/or officers), free and harmless from any liability for personal injuries or damages incurred during the swimming lessons and/or while otherwise in the POOL or on the **STANSBURY, GENESIS HEALTH CLUB, or the GOMEZ, LEBLANC, COGHLAN, DANIELS, LEBLANC, & GOTTE families**. I/We further agree to hold the Survival Swim of BR Instructor, Ashley Spencer, or the homeowners, **STANSBURY, GENESIS HEALTH CLUB, or the GOMEZ, LEBLANC, COGHLAN, DANIELS, LEBLANC, & GOTTE FAMILIES**, free and harmless, from any liability for personal injuries or damages that may occur to myself/ourselves (parents/guardians) and those who we bring/brought/send with us to the swimming lessons and/or on the premises (ex: spouse, siblings, friends, relatives.)
2. I understand that every student is required to have 2 towels at each lesson. All students not potty trained must wear **2 NON-DISPOSABLE Swim Diapers** at every lesson. YOUR CHILD MAY NOT WEAR LITTLE SWIMMERS. I understand that I will be responsible for the FEE associated with that lesson if the above requirements are not met.
3. I agree to read the **2026 Parent Agreement** in its entirety before my child participates in **Day ONE** of Survival Swim BR lessons. I agree to answer honestly and completely, the Poolside Daily Questions. I understand that this is a requirement for insurance. I further understand that I must fulfill this obligation in order to ensure my child's safety in lessons. I also agree that I will not feed my child any food or give my child anything to drink besides water 1.5 hours prior to their scheduled lesson (2 hours for dairy). If my child has an incident due to food consumption or incorrect swim diapers, the child may not be able to swim that day, or should there be a need, the swimmer's family will be responsible to pay for any clean up or sanitization of any kind (**Cost of \$50+**).
4. I agree to hold the instructor, Ashley Spencer, and property owners, **STANSBURY, GENESIS HEALTH CLUB, or the GOMEZ, LEBLANC, COGHLAN, DANIELS, LEBLANC, & GOTTE FAMILIES**, HARMLESS from any liability resulting from the use of the premises offered for lessons. I agree to be solely responsible for the care of my child while out of the water and solely responsible for the care of any child I have brought to the pool with me.
5. I understand that I am required to pay the instructor the total session fee of **\$950, (\$425 + \$100 reg fee upfront + 2nd pymt of \$425 on Day 9**. Unless other arrangements have been discussed (or you are a private PIF lesson) and agreed upon, these are the financial agreements I agreed/committed to. I understand lessons are not prorated/ payment is **non-refundable** and is not based on how many lessons my child attends. I also understand that at the end of my child's session, if my child needs additional lessons, these lessons will be scheduled in the following session at an additional **\$150 per weekly rate**. I understand that this decision will be made by the Certified Survival Swim Instructor, not by the parent (I have never had anyone need this, but just note if you choose to miss days outside of approved by me).
6. I understand that lessons may be discontinued in the event of non-payment. The 2nd payment of **\$425 will be due on Day 9**- I'll send a reminder. I also agree to pay a **\$25 late fee per day w/ my 2nd payment** that is late, and further authorize the instructor, at my expense, to take necessary legal action to collect payment after the 5 weeks is up. I understand that I have committed to pay for my 4 weeks whether or not my child attends, as I am committing to pay for my time slot to be held for the 4-week session.

I/WE HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE. (Both Parents Sign & Date please):

PRIMARY PARENT SIGNATURE: _____ PRINTED NAME: _____

SECONDARY PARENT SIGNATURE: _____ PRINTED NAME: _____

TODAY'S DATE IS: _____

PARENT INTERFERENCE COMMITMENT
Ashley Spencer, Survival Swim Instructor
AshleySurvivalSwim@gmail.com
(225) 803-4805

*Please READ and SIGN/ Return to Survival Swim Instructor 1st day of lessons.

In Survival Swim, we consider interference to be anything that might “undo” already learned skills, create confusion, and/or that might create habits that are not conducive to a proper swimming posture and Self-Rescue. I know that your child’s safety is your primary concern and please know that it is mine as well. I also realize that each of you wants your child to excel and you might be tempted to do some additional practicing outside of lessons. I would ask that you NOT do that until I have had the opportunity to show you how to safely and effectively work with your child. Your child’s progress will be the indicator I use to determine when that training will be. Keep in mind that it can take 4 - 6+ weeks for a child to become fully skilled, but only a matter of days for those skills to be interfered with. Any interference affects your child’s safety and their ability to perform the survival skills. Therefore, I am asking that you comply with the following guidelines from Day 1 of lessons and into the future.

1. GOING TO THE POOL AND/OR PRACTICING SKILLS –There will be a time during the course of lessons that I will get you in the water and show you how to WORK and PLAY with your child appropriately. Until then, please be patient and do not take your child to the pool. Remember that they will be in the water 4 days a week, for 4-5+ weeks and a break for the weekend is beneficial for them.

2. PRACTICING SKILLS IN THE BATHTUB –Do not allow your child to lie down in the bathtub. The bottom of the bathtub provides support to the child that will not be there in a body of water. If a child is given the support in the bathtub, they will expect the same support in the pool. They will then begin showing behaviors that will have to be remediated, which can add days or weeks to the course. Let bath time just be bath time.

3. ALL FLOTATION DEVICES –This includes Water Wings, Arm Bands, Puddle Jumpers, Life Jackets/Vests, Noodles, Pool Mats, and Flotation Rings/Tubes. All of these devices encourage a VERTICAL body posture and do the work for the child. A lifesaving body posture is HORIZONTAL and the child must be doing the work. **The only exception is a PROPER Life Vest ONLY WHEN ON A BOAT OR WATERCRAFT. NOT TO BE USED EVER IN A POOL!** A proper life vest does not have a “collar” that rests at the back of the neck and is appropriately sized for your child’s height and weight.
WE LOVE HYPER-LITE @ Costco!

4. GOGGLES –Your child will be learning all skills without goggles and will learn to rely on his/her own eyes to look for exits. Goggles encourage many children to begin swimming head up like a seal when they get in the water the next time without them. A head up body posture is NOT a life-saving position and is a behavior that takes a great deal of time to correct.

5. STANDING ON POOL STEPS, SUN DECKS, and/or HOT TUB LEDGES –Your child may SIT to play. Standing encourages and reinforces a VERTICAL body posture and allows the steps and water to do the work for them. A vertical body posture is NOT a life-saving position. If your child is consistently reinforced with receiving AIR by standing up in the water for being vertical, then they will begin to consistently swim vertically. This takes a great deal of time to correct. Appropriate toys for SITTING and playing are measuring/pouring cups, waterproof dolls, and sinking toys like dive sticks. Dive sticks are good for children who are learning the SWIM-FLOAT-SWIM sequence. They can be placed on the pool steps and you can “launch” your child to the step to retrieve the toy. Snorkel equipment is also a great tool to use with older kids that have completed the swim-float-swim sequence.
It promotes a head down orientation.

6. MIMICKING/ TRYING PROMPTS & PROCEDURES YOU SEE IN LESSONS –Please do NOT do this. I have been very thoroughly trained in an intense 8-week certification program. My focus and attention is always on your child and any prompts and procedures that I choose are cued by the behavior your child is exhibiting at that present moment, and where they are in the sequence of skills. Because you do not completely understand how to read the behaviors, any attempt that you make at this can be very detrimental and take an enormous amount of time to remediate. Once again, please be patient and I will show you how to SAFELY play and work with your child when in the water together.
I ACKNOWLEDGE THAT I HAVE READ, UNDERSTOOD, AND AGREE TO ABIDE BY THESE GUIDELINES FOR THE ENTIRE DURATION OF LESSONS AND BEYOND.

Parent Signature

Print Name

Date