

Survival Swim of Baton Rouge
AshleySurvivalSwim@gmail.com
(225) 803-4805
www.AshleySurvivalSwimBR.com

2023 PARENT AGREEMENT

CHILD'S NAME: _____ **SWIM TIME:** _____ **DATE:** _____

PARENT'S NAME(S): _____ **&** _____

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 (MON-THURS DATES ONLY) BY DAY 1, VERBALLY, POOLSIDE on Day 1 & Also WRITTEN BELOW.**

Please list any **vacation dates** where you will miss **4+ consecutive WEEKDAYS/Lesson Days** or more.

Put **NONE** if no vacations during our swim session: _____.

_____ ****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, closer to the end of **Week 4**.
TRUST THE PROCESS & ME, YOUR SWIM INSTRUCTOR. I GOT THIS ! <>< >><

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/2023AUGUST28

_____ **USING REMIND APP: I have done the following within the REMIND group.**

- *Use **ONLY** your **cell phone number** to join the Remind group link
- * 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: Swimtime-CHILDFIRSTNAME(all caps)-Age(in months)/ Parent First Name

(Ex: 2:30pm-EVANN-34m/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:

Session #5: AUG 28-SEPT 29, STARTING Monday, August 28. We swim only on Mon, Tues, Wed, &

Thurs.

NO FRIDAY SWIM! YAY!

NOTE: NO SWIM on Monday,

Sept 4, LABOR DAY!

***If you would like to move your morning swim time to an afternoon swim time on any day or vice versa, M-TH, please text me in Remind. I am very flexible in my schedule, so your times do not have to be the same time everyday in this session. I CURRENTLY HAVE OPENINGS in both so spread the word to anyone who you may know that need me to sign up & send them my personal number.*

These WILL fill so let me know if you or someone you know wants it first! <>< <><

_____ I understand that I am reserving AND committing to pay for my child's time slot reserved for 5wks, **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.

***The amount of days varies with each child, but EVERY CHILD will complete each skill set, leading up to **winter clothing checkouts & in a 3min. float**. This will happen on that last week, in order to graduate from survival swim/ be safe enough to find their **AIR** as a reflex.*

*Please note that some children finish in 4 weeks, some up to 6 weeks. **Regardless, you are committing to reserve this 15min time slot for 5 weeks by paying a flat rate fee (\$800) for the 5 wks/ 20 days, made in 2 payments.***

Please **INITIAL each item** below and shoot me a text via Remind if you have any further questions:

_____ **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 2 minutes prior** to your scheduled swim lesson time, following the time on your smart device, change him/her if need be, and **ARRIVE in the pool area ONLY @ 1-MINUTE BEFORE** your child's swim time to lessen too much distraction & backyard traffic. Please sit in the **Parent Sitting Area** and **out of the current swimmer's view**, as best as possible!*

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 **15min.** lesson, please dry your child off, allow for **15-30 seconds of Recovery time**, laying on his/her **left side/poolside** on his towel, then change swim diaper **only** into a **regular dry diaper only**, enjoying a little snack/stamp from Ms. Ashley, and 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.

TOWEL/RECOVERY TIME should only last only **1 minute max**. If you need to speak with me, please text me via **REMIN**D after you leave the pool deck and we can schedule a private phone call to chat after my daily lessons are over. Lessons are a total of **15 minutes** from **beginning of POOLSIDE questions to the END (recovery time)** on the pool deck. We will discuss more about this on **Day One** Poolside. Be considerate when arriving & 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!***

_____ **4. ATTENDANCE CONSISTENCY-**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.

_____ **5. PAYMENT-** Survival Swim lessons are **\$800.00** per child. The total, flat rate fee for lessons is **not prorated**, as you are reserving/ paying for a **weekly time slot** for **6 weeks**, whether or not your child comes to every single lesson time slot provided. Half was due at the time of reserving your child's spot. The remaining **\$400 per child** is due by the **3rd week**. You may make this payment using **Venmo** by clicking here: venmo.com/AshleySwimSpencer OR you may send it via **ZELLE** by using my number: **(225) 803-4805**. If you would like to bring cash instead, please do so on the **MONDAY of the 3rd week**. If you have a specific payment issue/concern, please contact me privately.

_____ **6. SWIM ATTIRE (2 NON-DISPOSABLE, REUSABLE SWIM diapers)-YOU MAY NOT USE 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, Reusable Swim Diapers** that I am talking about & sent via Remind earlier last week:

#1. This one goes on FIRST: SIZE UP!

***iPLAY Non-Disposable Swim Diaper- Size UP! Put this one on FIRST, With snaps helps for growth. Needs to fit around legs.**

#2.This one goes on LAST/ On TOP of the first one: SIZE UP!

***Splash About Swim Diaper- THESE ARE A MUST! Size UP! NOTHING gets out of these!**

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. These **may** also be found at **Buy, Buy Baby & Target** 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 doesn't have the double layers on, he/she will need to borrow one from me (as available) or he/she will not be able to swim that day. Please pack extras too in case your child happens to have a BM on the way to lessons. If your child typically has one during this time of day, you can keep a real diaper *underneath* the 2 swim diapers/layers or just change him/her when you arrive. **Place a real diaper on top of the 2 swim diapers** to not soak you or the car seat as **these swim diapers do not hold urine!**

****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).***

_____ **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** 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 **BE CAREFUL TO NOT PUSH ON YOUR CHILD'S RIGHT SIDE UNTIL THEY BURP!**

The Vagual Nerve runs down from their **RIGHT EAR** to their stomach, along the **RIGHT SIDE**, so be careful to not put pressure on their right side, even holding them on your way out or in the car seat to buckle. This is why **DIET matters so much BEFORE lessons** (see below). I will also give them a stamp or a "treat." Be sure to let me know which little snacks/candy are your child's favorites. Also, I give the little babies "baby puffs."

_____ **8A. DIET. Part 1-** Please **DO NOT** give your child any food or drink **at least 1.5 hours prior**

to lessons. **NO dairy/milk products** for at least **2+ hours prior** to lessons, **only WATER.. NO DAIRY is always BEST BEFORE Lessons esp over the age of 12m.** Doing more **CARBS instead of DAIRY/CHEESE/ YOGURT** really helps them to not get a **bloated tummy** while learning **breath control** and won't cause anything to come up **afterwards once they do burp.** No one works well on a **full stomach** and your child will be working very hard.

READ BELOW FOR MORE INFO...

If your child's belly is **distended/bloated** when he/she arrives to lessons AND is **still crying** in lessons (exhaling their air faster/taking in air faster), their belly fills up with air super fast like blowing up a balloon, and whatever hasn't digested **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 for at least **30sec** or until they burp, and I 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 **spit up.

***IF YOUR LITTLE ONE SUCKS A PACIFIER, PLEASE ALLOW THEM TO BRING IT WITH THEM TO POSSIBLY AID IN THE CRYING AND SELF-SOOTHING THEM IN THIS EXPERIENCE. THIS WILL HELP THEIR BELLY NOT GET SUPER LARGE FROM TAKING IN QUICKER AIR COMING INTO THEIR NOSES AFTER CRYING OUT ALL OF THEIR AIR. THIS REALLY DOES WORK SUPER WELL IN MOST CASES.*

See Specific Foods to AVOID Altogether Below:

_____ **8B. DIET. Part 2-** Please **DO NOT** give your child any **ACIDIC FRUITS BEFORE** your child's swim lesson: **NO APPLES, APPLE PRODUCTS, PINEAPPLES, PAPAYAS, PASSION FRUIT, PEACHES, SPINACH, HONEY, FRUIT COCKTAIL, CELERY, BLUEBERRIES, BANANAS, STRAWBERRIES** 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!***

*****If your child THROWS UP in the pool, the same policy will be applied as with having a BM in the pool, and you will be responsible for the treatment of the pool in order to get it sanitized properly (Cost of \$50 or more).***

_____ **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, instead, please walk with them, hand in hand, and have them sit in your lap while you are answering **poolside questions/ lay 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 the 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 have designated places for you

to "hide and watch" **without being seen by your child** at each pool site. Should be noted in the Parking video that you will receive via Remind. 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 to get out** 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 and it changes the water level around their face to rise and they sink the more they cry out their AIR.

Also, when they cry their AIR OUT, they also must breathe in **FASTER** than normal to **FLOAT BACK UP.** But this FAST AIR IN causes their belly to fill up with **AIR** in a sped up way that makes the belly think that it is food to digest and usually a burp must come out soon. But this **DELAYS** their learning so the faster we can

get them **HAPPY= COMPETENT**, the less they will worry with crying and instead focus on **SURVIVING** the water as it rises! 😊

When a child first falls into the water accidentally, they are **not crying on the way into the water. They will **hold their breath, focus on rotating over, rescuing themselves** instead of calling for help or crying first. Calling for help comes **AFTER** he/she is securely breathing his/her life saving float.*

Knowing 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 FAST FAST**, which produces **CONFIDENCE** usually within that 1st & 2nd week and eventually work towards a **3-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 commit to you that at the end of each week, you will get to watch the last **2 presentations** and take **pictures/video** too, as long as your child does well during that part of the lesson. **MOST IMPORTANTLY**, be sure to be **super encouraging** when discussing Swimming lessons around your child. They pick up whether they should be **scared** or **brave** or even **concerned** based on what **Mom/ Dad's facial expressions are**, so be the **best cheerleader** after each lesson, on/ off the pool deck, and at home!*

****DO NOT to say:** "let's be brave", "you're not scared", "I'm so sorry", etc. Instead of feeling "BAD" for them, show them how to be strong and courageous about learning to swim & float: **CHEER LOUDLY at home often about** how much you can't wait to see your child **swim, kick, and even float!***

Please **DO NOT even mention the word **crying**, or say things like "**no more crying.**" JUST FOCUS ON Lots of smiles, happy facial expressions, all of the **POSITIVE, "YOU'VE GOT THIS"** vibes! **Coming to SWIM Lessons is POSITIVE! YAY! xoxo***

Children will **DO what you do and **RESPOND how you respond**. Please be mindful of your HUGE IMPORTANT PART in this swimming experience. This applies to ALL of those who bring your child. xoxo*

*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" & a "stamp." They usually stop crying **immediately** to get that reward for doing a great job! **IT'S REALLY SO CUTE !** A lot of their initial first few days of crying is a beginner's (false) fear & fear of the unknown of what they can/ can't do when in the water, but that's where Ms. Ashley comes in! Even birth order helps me understand each child too. I am extremely attuned to their EMOTIONAL NEEDS, Heart Rate, and HOW this experience is felt by them as well. I am all about teaching the WHOLE CHILD as I teach such an important life saving skill to them. 😊*

_____ **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** (Refer to the Real Diaper Suggestion to add BEFORE ARRIVING /WALKING BACK 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've received my **REMIND messages** already this week.*

Here's the addresses and basic info to start/ put into **GPS:**

1. **MORNING Lesson Address/Only for Week 1- 1025 Audubon Avenue BR, LA 70806.**
 - a. **PARKING:** Park around the roundabout circle to the left, not blocking the driveway for anyone coming in. This is why it is important to **NOT ARRIVE EARLY** onto the property until **ONLY 2- MINUTES BEFORE** your child's swim time. Only **3 swimmer's vehicles are allowed** onto the property at one time. Be sure to park with enough space in between the car in front of you, in order to not BLOCK someone in. If all 3 spots are taken and you are not there too early, **please PULL UP ALL THE WAY towards the LEFT side of the circle, next to the Parent Sitting Area.** Be sure to not block the driveway or the ability to drive up and in to park. You'll walk up the driveway & around to the right, narrow gate to enter ABC then wait in Parent Area unless I'm not with another student & I will call you over.

- b. Refer to the **Parking video** via Remind, which will be sent 24 hours before DAY ONE of swim lessons.

2. **AFTERNOON Lesson Address:**

8655 Round Oak 70817.

House is the last house to the right in the

neighborhood. Drive straight until you can't drive anymore.

- a. **PARKING:** You will park **ONLY 2-MINUTES BEFORE** your child's swim time, on the SAME SIDE of the street of the host home, in a single file line, facing away from the home & Do not park BEHIND my vehicle (gray Tiguan, which will be in the driveway. At **ONLY 1 minute BEFORE** your child's swim time, walk up the driveway, entering through the **gate** to the right side of the home, entering the pool area, & walking straight to wait in the **Parent Sitting Area** until called over. Only **3 cars are allowed** to be parked at one time.
- b. Refer to the video via Remind, which will be sent 24 hours before DAY ONE of swim lessons.

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.

I will walk you through all of this on the **1st Day**. Be sure to send all **PARKING** info to **anyone** who is bringing your swimmer. 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**. <>< <><

_____ *I commit to following these **Parking Guidelines including ARRIVING & PARKING ONLY 3 minutes before** my child's swim time, and **only walking in 1 minute before** my child's swim lesson time. Anyone who brings my child to swim is aware, committed, and 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, as well as those who bring my child to swim. **AMEN!** 😊*

_____ **11. RESTROOM-** Lessons are only **12-14 minutes (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 before arriving.. 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 in an emergency, but only in emergencies for BMs. They are also 100% fine to even potty (#1) in the pool too!

_____ **12. VIDEO/ PHOTOS-** 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 post without asking me first. If you would like to take a video, please **inform me beforehand**. Lesson videos are to be submitted to me for approval prior to the posting on ANY Social Media/Internet site like Facebook, YouTube, etc. 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 SWIM Spencer"** and **"Survival Swim of BR."** I also **LOVE Day 1 vs. Day 5, 10, 15, 20** videos, so **videos and pics are welcome**, especially to see the progress!

*The **BEST** way to send/receive pictures/ video is via **AirDrop** if you have an **iPhone**, but it must be done while **poolside, close distance-wise to my iPhone**. While you are waiting for your swimmer to be done with me, take a minute to please go under **SETTINGS**, click **GENERAL** then click **AirDrop**, then click **"EVERYONE for 10min"** especially if you see me videoing and want what I videoed and also vice versa for me, when back at the pool deck. IF you don't have an iPhone, you will need to download **WhatsApp** and I will be able to send you pictures or videos that way or through FB messenger.

_____ **13. RAIN, SICK, & VACATION ABSENCES** - 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 5-week 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 to receive any extra time for those days missed. Because **lessons** are so frequent and because of how I teach toward their **SENSORIMOTOR** learning and build upon each skill taught, there **IS A LOT OF ROOM** to miss here and there. The amount of **DAYS** your child attends is NOT the goal. It is the **SKILLS ATTAINED** & then **ADDED ONTO INTO A SEQUENCE** that matters. Sometimes missing lessons actually **helps your child's muscle memory really kick in** because of the **way I teach them, 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.

REPEAT AFTER ME: "MY CHILD WILL NOT LOSE THEIR SKILLS FROM PREVIOUS LESSONS LEARNED BEFORE IF THEY MISS A LESSON!" I PROMISE YOU THIS!

****YOU WILL BE AMAZED! TRUST THE PROCESS AND YOUR AMAZING CHILD'S ABILITY!****

I DO NOT MAKE UP lessons due to weather or sicknesses unless **I feel it is NEEDED** in order for your child to be fully skilled, and as the Certified Instructor, in order to **KNOW 100%** that your child is skilled & safe enough to respond to finding the water alone, in a reflex manner, by going into their float, no matter how they find the water, for over **3 minutes or more**. This is **THE GOAL** and every single child is different. But, if I feel that your child needs more time, it will be at the **very end** of your child's current session.

If your child does need more lessons **AFTER the full 5-week session**, any extra lessons needed will be added **at the very end** of your child's current session and at a rate of **\$130 per week**. We will re-evaluate at the end of **week 5** as to where your child is at, so you and I can plan accordingly, if need be.

In my experience, instead of counting **DAYS** attended, MY goal is to count skills achieved, mastered, and then placed together into a sequence of safety within the water, creating competence **DAILY**, focusing on giving your child **a total of 220-240 teachable minutes of one-on-one learning time with me**, no matter how many **days** he/she comes. This is the minimum amount of time each child typically needs to be fully skilled before doing clothing (last week). Some days, I may be able to give them more time due to their ability, energy levels, and having space in my schedule. The goal is to start small to build **trust** by building little blocks of skills that he/she can feel confident/safe in first, and then build and build upon, leading to small daily competences, which lead to true **CONFIDENCE** within the water! You will be amazed by each and every Day!

_____ **13 A. ILLNESSES/VACATIONS:** If your child will miss a lesson unexpectedly, please contact me by **REMIND** as soon as you know your child will be absent, even at night to discuss. **This is a courtesy that I greatly appreciate when planning daily and trying to accommodate daily maintenance and refresher lessons.**

TEXT ME via REMIND, ANYTIME TOO, DAY OR NIGHT. The sooner, the better! **Text me via REMIND** if your child runs a **fever of 100.5 or above**. We cannot swim until they are **fever free for 24 hours**. Should sickness result in an **extended absence from lessons (5+ consecutive days)**, we will make a plan closer to week 5 if need be.

_____ **13 B. 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 no matter what, however, If the weather is too cold (**under 60 degrees**) or 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 and check it before coming**. If the outside temps are colder than **60 degrees** at your child's swim time, we may have to push your child's swim time back some or postpone it.

***ALWAYS CHECK THE WEATHER AT YOUR POOL'S LOCATION FIRST BEFORE CHECKING WITH ME:**
Download/ Refer to these **FREE apps for Weather:**

#1 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**.

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

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 your specific POOL'S ADDRESS/LOCATION in order to stay up to date to the minute on lightning, rain, at that location. However, if you do not hear from me within that 30 min-1 hour time range, please **plan on STILL coming** to the pool. One thing I've learned is that usually what the weather apps states **DOES NOT** end up happening over **90%** of the time! HA!*

#3 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 **40 minutes** once **lightning has struck**. Be sure to check your **REMIND** texting group if the weather looks bad. I will update you via **REMIND**. 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 your child /sibling per sign up!** **TAG ALL PICS & VIDEOS** on social media once approved by me!

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

1. **Facebook [@Ashley SWIM Spencer & @ Survival Swim of Baton Rouge](#)**
2. **[@AshleySWIMSpencer](#) on Instagram**
3. **AND JUST ADDED: [@ASHLEY SWIM SPENCER](#) 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 ochild is crying).

***I do have a couple of openings in this session, so if you have a friend with children **ages 6 mos to 6 years** old who wants to do this session, people usually love to do a swimming lesson with a friend or relative, especially if the locations work! If so, have them shoot me a text **@ 225-803-4805** and I can usually move swimmers' swim times around & closer together.*

_____ **14. QUESTIONS/CONCERNS-** 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 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 **2pm-6:00pm** most days.

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, property, and ALL items on the property.** I completely release the **POOL OWNER's** 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.

PRINT & DATE:

Parent Name:_____Date:_____

Parent Name:_____Date:_____

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 (Please PRINT): _____

Parent #2 Signature (Please PRINT): _____

Any questions or comments, please feel free to text me via Remind app or write them here below: