



Welcome!

Thank you for trusting Samantha's Swimming! We are passionate about swimming and are so appreciative that you are trusting us with teaching your children a skill that will last a life time.

A few things to know before we begin:

- Swimming lessons can be exciting and fun for some, scary and unsettling (at first) for others. We know this and we are prepared to handle all different personalities and skill levels. We are trained professionals with hours of training, education and continuing education with adaptive skills and techniques.
- We are a professional facility and appreciate you taking your time to go over our Parent and Student Handbook prior to your first lesson. This will help lessons go smoothly and you will know what to expect throughout your time with us.
- Once scheduled and lessons have begun, please use email as your first form of communication. We can be reached at Samanthas.swimming@yahoo.com. Texting is not the quickest form of communication once the session has begun.
- Please be sure that your registration form is complete prior to your arrival.
- We are located on a residential street so please be cognizant of driveways. Please park on the south side of the street when possible and stay 5 feet away from driveways.

First day things to bring:

- Modest bathing suit. Girls must be covered, both top and bottom.

- Towel.
- Goggles (if you already have a favorite pair, if not, we have some you may purchase), no snorkels or nose covers permitted.
- Hair tie to pull back long hair.
- If you prefer a swim cap, we have them for purchase.
- If you have an anxious child, a favorite bath toy may be brought on only the first lesson.
- Your first month's payment is due on the first day.

First lesson:

- Our curriculum is taught by an instructor only, parents are not permitted in the pool.
- Parents are welcome to sit pool side (during cooler months), and deck side (during warmer months).
- If it is your first lesson during the warmer months, you may be welcomed to stay in the pool room to encourage your child to into the water and form a bridge of trust between caregiver and instructor prior to sitting outside.
- Please be aware that some crying may occur. This is NORMAL! It is not traumatizing your child (we do not dunk or submerge as a form of instruction). You are doing what is best for your child. If you are struggling with crying or a resistant child, please speak with your instructor and we will do what we can to help you out.
- For littles ages 18 months-3 years of age- please prepare your child emotionally, to the best of your ability, by using encourage words prior to the first lesson.
- With an anxious child, letting them know that you are near and excited to watch them learn and have fun can make all the difference in the world when it comes to success. It can take time and multiple lessons for some children to adjust and welcome the idea of lessons. Please stay the course and do not hesitate to reach out.
- Our lessons are 25 minutes with a 5 minute buffer in between lessons. Please arrive prepared with bathing suits on, hair pulled back and

ready to go. A quick bathroom trip is welcomed but please be aware of other families who are coming and going.

- Communication is key when it comes to learning. Please be sure to detail your registration form in the provided boxes so your instructor will be prepared for your child.



Please download our app! We use our app to give urgent announcements.