



Also known as **Swim Totts 2**

## **Empowering Our Children through Swimming Safety!**

Thank you for your interest in survival lessons for your child. I teach children Swim-Float-Swim, and what to do if they accidentally fall into the water. I know there is a great deal to read in the following pages however, I can't stress enough that it is ALL extremely important and relevant information, especially if you are a new registering family.

Infants that can crawl, typically between the ages of 6 to 12 months will learn to roll onto their backs to float and breathe until help arrives. Children that can walk and run, typically 12 months and up will learn a more advanced Swim-Float-Swim sequence to help them reach safety. Swimming is a sensorimotor skill, and retention, even among the very young is extremely high. This technique is safe and very effective. As most children drown while fully clothed, I gradually teach them to be skilled enough to comfortably swim when dressed.

All lessons are 1-on-1 and scheduled for 4 days per week (Monday-Thursday) and kept relatively short for your child's safety. Lessons are tailored to your child's learning pace and physical ability. The length of the initial program varies; taking first time students on average 4 to 6 weeks to successfully complete the survival program. Continued maintenance lessons once or twice a week or refresher courses after the initial course is highly recommended. The subsequent refresher program generally takes 2 to 3 weeks, again depending on the child, and keeps your child's confidence and skill level at their highest. This is a vital short-term commitment for your child's water safety.

I teach private pool lessons; I come to a pool of your choice. I do have access to pool use if needed. I enjoy teaching at your pool as it gives me a chance to teach your child in their familiar environment.

This is an important and fantastic step toward your child's water safety, and I do ask that you commit to classes and follow the instructions provided in this packet as well as any instructions given during lessons. The security you and confidence your child will obtain through this course is invaluable.

I welcome you to our swimming family. If you have any questions at all, please call or email me any time.

Sincerely,  
Maggie Iverson  
Aquatics Education Instructor

**Text or Call 386-689-5711**  
**Info@MaggiesSurvivalSwim.com**



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## **REGISTRATION, LESSON/CLASS, AND TRAVEL FEES**

### **REGISTRATION FEES**

*Military, First Responder, and Educator New Student Registration Discount.*

#### **New Student Registrations with classes at:**

- Swim Totts Pool - registration fee is - \$100 (first child), \$50 (second child and on)
- Your/Private Pool - registration fee is - \$35 (first child), \$20 (second child and on)

#### **Refreshers/Previous Students:**

- Registration fee is - \$15 per child.

### **WEEKLY LESSON & TRAVEL FEES**

- **Weekly lesson** fee is - \$100.00 per week/per child.
- **Travel Fee** – Is measured by miles from center of NSB
  - \$25/wk. up to 10-miles
  - \$35/wk. 11-15 miles
  - \$50/wk. 16-20 miles

*I'm thrilled to offer your family the convenience of having lessons at your pool;  
however, there is gas and mileage involved.*

### **PAYMENTS**

As payments are due on Monday, you will receive a weekly lesson invoice. You can click and have several ways to pay. I also accept several “cash payment apps” and cash and checks are also welcome. An automatic \$5 late fee is applied to your account if lesson and travel fee is not received by Wednesday.

*If paying by check, please make checks payable to Maggie's Survival Swim.  
Registration fees and weekly lesson fees are non-refundable.*

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## **SUPPORT • TIME SLOTS • CLASSES • TRAVEL • WATER TEMPERATURE**

**Positive attitude and encouragement #1.** One key element to your child's success is their family's attitude and encouragement during lessons. I know in the beginning they may be difficult to watch for some however, facial expressions and words especially from parents can affect how the child reacts and behaves during lessons. A scared or negative facial expressions and/or words like “awe”, “it’s really okay”, “awe, honey mommy’s sorry” can promote fear into a child. They begin thinking something is wrong, really wrong if mommy looks like that. **POSTITIVE, POSTITIVE, POSTITIVE!!!** Big smiles, and encouraging words... “honey, you’re doing great” “You’ll be swimming like a fish in no time”.

**A timeslot can't be guaranteed without a completed paperwork and registration fee payment.** You are paying for a weekly time slot, not per day. **Payment is required every Monday.** Makeup days may be offered for weather and illnesses. When Florida storm season gets crazy, I will credit any unused days to the next week’s lessons. Timeslots will be held for one week with no contact or non- payment, after which, your time slot will be reopened to other registrants on the waitlist.

Remember that the **timeslots are an approximate time** and I will contact you if we need to adjust the time due to area and/or pool choice. This is due to the travel time between student's homes and/or the facility. I will work with your family to accommodate your schedule. If you have chosen to be placed on the waitlist for a certain timeslot I will contact you with an approximate start date. The waitlist is **first registered, first scheduled**. Classes can run from 2-weeks for refresher classes or 6 to 8-weeks for new students. You may get a timeslot quickly. I will work your child in as soon as possible.

**Private pool** families will have an “ISH” timeslot (ex 10:00’ish) as I do travel between pools, please understand that there are times I may run behind or ahead as the day progresses. This may be due to traffic, a previous child needing a few extra minutes, and/or a parent having questions. I try my best to keep a tight on-time schedule however, things do arise. I ask for your patience in these situations as someday it might be you or your child needing the little extra time. **I try to text in advance if I'm running more than 10-minutes ahead or behind.** I do enjoy traveling however, it is time and mileage away from the Swim Totts pool and a convenience to your family I'm happy to offer but it is why the travel fee is imposed.

**Water temperature is important, too.** It is not safe for swim instruction in water temperatures below 78° or above 88°. For safety reasons I keep a close eye on children if water temps get close to either of these temps. My ideal teaching temperature is between 82° - 86°F.

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## WEATHER

I follow the guidelines from several weather agencies. I use 2 different apps (WeatherBug and Clime-NOAA) to track lightning to each student's home area. I have two main objectives when I cancel due to weather, first and foremost is each student's safety. The second is cost saving to both your family and me. **If I travel to a class and I'm unable to teach, lesson fees are still due for that day, however, if I determine that the weather isn't going to work in our favor, I will issue a credit for that day to be applied to next week's lessons.** I don't like to cancel classes. However, with Florida weather it is not a science but better to be safe. **I will begin sending out texts as bad weather begins to approach our area. I will text each family within 30 mins of lessons (usually the time it takes for travel) if class is canceled.**

Exert from [weather.gov](http://weather.gov)...

One characteristic that makes lightning so dangerous is its extensive range. Lightning's ability to strike 10 miles or more away from the thunderstorm core, making it the first storm hazard to arrive and the last to leave. While it may not be raining at your location, lightning can still reach you. In addition, once the lightning strike hits the ground, it can travel up to 60 feet outward from the point of contact. The other characteristic that makes lightning so dangerous is its power and speed. The average lightning bolt carries 100 million volts of electrical potential.

### [Lightning Brochure](#)

Example of my app for each address

Text or Call **386-689-5711**  
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## **NON-FLOTATION DEVICE AGREEMENT**

**Floaties, puddle jumpers or any flotation device** (*excluding lifejackets used while boating*) are a **FALSE** sense of security. No child accidentally falls into the water with “floaties” on. Flotation devices **obstruct** survival & swim instruction. You **commit and agree** when your child begins lessons you will **NO LONGER** use these hazardous devices. We can tell within minutes when they have been in use and will no longer be able to continue swim lessons. It’s a waste of your child’s and your time and money and ours.

### **10 REASONS WHY FLOTATION DEVICES ARE HAZARDOUS**

1. “Floaties”, also known as water wings, can pop, deflate, or slide off leaving your child helpless, scared and susceptible to drowning!
2. All flotation devices give a **false sense of safety** and make the child believe it is ok to be near water without adult supervision.
3. NO child accidentally falls into the water wearing a flotation device. Drownings happen when there is a **false sense of security**.
4. They all keep the child in a vertical position. This is an unnatural position for swimming. When learning to swim, it is important that they are comfortable with being horizontal in the water.
5. Flotation devices can make a parent too comfortable while their child is in water. They may feel that the floaties are keeping their child safe and that they do not need to be actively watching them.
6. 98% of all drownings occur when others are around and become distracted. It can take as little as 30 seconds, during which their initial panic to get out of the water creates the devastation that can take their lives.
7. They make your child believe that they “**know how to swim**”. Time and again children who are used to wearing arm flotation devices have jumped into the water believing they have the ability to swim, when they **DO NOT**.
8. Most flotation devices are **NOT** Coast Guard Approved. In short, floaties are considered a toy because they can be blown up and easily deflated.
9. Many parents believe that their child will just naturally learn to swim once they use floaties and gain comfort in the water. They **DO NOT**.
10. They **DO NOT** replace swim lessons or proper instruction from a certified swim instructor.

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## **RESTRICTED FOODS LIST**

**Post to your refrigerator**

The following foods may not be consumed in any form, including juices or sauces, during the entire duration of lessons:



**APPLES**

**PEACHES**

**PEARS**

**PINEAPPLE**

**PAPAYA**

**PASSION FRUIT**

**CELERY**

**SPINACH**

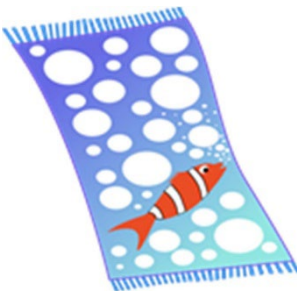
**HONEY**

**EXCESSES OF REFINED SUGAR OR FLOUR**

**These foods will cause severe distention, burping, or vomiting.**

No food or drink one (preferably 2) hour before a lesson. No milk products two hours before lessons.

## **DAILY SUPPLY LIST**



It is recommended to bring **two** towels per day. One towel is for the child to rest on and the other is to dry off.

Non-disposable swim diapers are **required** for lessons at Swim Totts pool and recommended as they are wash and wear.

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Revised 4/2023