



# How To Choose the Right Swim Instructor.

Swim Instructor Interview Check List		
Questions to Ask	1. Little Dippers Survival Swim	2
What swim certifications do your instructors hold?	Certified under Survival Swim Development Network and Swimming with Autism	
What did their training entail	Over 100 hours of hands-on in water practice teaching unskilled babies under 36 months old Academic study in child development, behavioral psychology and infant physiology one on one with a Master Instructor from SSDN	
Are you or your instructors CPR certified?	Yes	
How long has the instructor been teaching?	3 years in this method (SSDN) 2 years WSI Red Cross 1 year US Swim School infant and Toddlers	
Do your instructors have experience working with children with special needs?	Yes. I specialize in children with non-verbal Autism	
What are the goals of your lessons?	To prevent fatal drowning by teaching each child how to survive an accidental fall into the water. To personalize the instruction to fit each student's needs and abilities To instill confidence and a try-hard attitude and to promote a lifelong love of swimming.	
What skills will my child learn?	Babies who are not walking learn Togo from a submerged position to a back float where they can rest and breathe until rescued. Children who are walking learn to swim face down in the water until they need to breathe, roll to their back where they can rest and breathe, and then flip over to swim. They repeat the sequence until they get to safe place.	
How frequent are lessons?	2 to 4 times a week	
How long is each lesson?	15 minutes. Shorter more frequent lessons are key for retention in your children	
Are lessons private or group?	Private	
What is the water temperature?	85-89 degrees	

