**Welcome to Infant Swimming Resource®**

**Buffalo ISR, LLC**

**Diagram

Description automatically generated**

**Lesson Guidelines**

**PLEASE READ CAREFULLY**

*The Instructor must have a digitally signed copy before lessons begin.*

1. **Tuition** – **The total program fee is $750**. A nonrefundable deposit of $50 is due at signup. The first payment of $350 (half of the remaining $700) is due during the first week of lessons and is also nonrefundable. The final $350 payment is due at the start of week four.

Payments can be made by cash or check (made out to Buffalo ISR LLC) and should be placed in the zipper bag poolside. If paying by cash, please include your child’s name on the front of the envelope.Additionally, different pricing applies for multiple children, with a sibling discount available.

**Please note that the program tuition is separate from the $105 ISR national registration fee.**

1. **Attendance Policy**- ***You are required to pay for ALL scheduled lessons for your child, regardless of attendance***. You are paying for your child’s spot in the class, not by attendance, therefore all planned lessons must be paid for. Consistency is crucial to not only the learning process but also to the retention of learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Missing lessons may result in adding weeks to the lesson set. Lessons cancelled by the instructor for illness, weather, pool closures, vacation, etc. will be refunded or can be used towards a future maintenance lesson. Student may be removed from lessons for being continuously late and/or non-payments
2. **Adverse Weather**- I will make every effort to contact you ahead of time to cancel the lesson due to weather. If you don’t hear from me, you should assume that lessons are on for the day. You will not be charged for lessons cancelled by me due to weather
3. **Respect of Property and Time Schedule** - Please treat the lesson location as if it were your own home and be respectful of property. I recommend arriving at the pool 5-10 minutes before your time slot to have your child ready for their scheduled time. Due to a full lesson schedule, your lesson cannot be guaranteed if you are not on time. If it happens that you are late, of course, I will do my absolute best to fit you in, but again it cannot be guaranteed.
4. **Attire** - In-water potty accidents do happen, and due to the fact that I cannot continue with any lesson if the sanitation of the pool has been compromised, ISR requires that each child who is not fully toilet trained, be dressed in 2 layers of swim diapers. You may use one disposable swim diaper as the bottom layer, but you must use a fitted, snug reusable swim diaper for the top layer. This swim diaper on Amazon is really great at holding poop in - [Amazon reusable swim diaper](https://www.amazon.com/Wegreeco-Toddler-Adjustable-Reusable-Sealife/dp/B07D6JRZMY/ref=sr_1_5_pp?crid=15MRHEQ2XGAF5&dib=eyJ2IjoiMSJ9.llSpXK8ZgQMeKNC42pU6Q9gXkSnDde3s6yzJTDeKkRl0XkZFQmA_X39IsoeNf31DYE0878KhGaQOhXa9IxtgUXSn2RFHOkdCTEa1fcE67vxvWt8Tcz3K0-QkFWYXUlck9n0MTRbzq71QzAhctLV8gBzVY4CMZuycTvulHMUYEsMuOqjrfwY3FlEhPGa0w-V4yQePm6ku_jk4Mkdhwrx8atbtv1-RPvzc7f59s9nIJH9jZPngvt-3CZowHOK_8BwfZIvSnX_e4LGWG4RTJ2kFL3xJmoLny3QNu5jGyP7ywk0.0A4RkZlQUiXeTUhYpFoHBP4f0niApR5oMQJ9p-CFI6o&dib_tag=se&keywords=reusable%2Bswim%2Bdiaper&qid=1727374496&sprefix=reusable%2Bswim%2Bdiaper%2Caps%2C146&sr=8-5&th=1)
5. **Restrooms/Dirty diapers**- Restroom availability varies depending on location. Additionally, if lessons are at a private residence, please bring along plastic bags for soiled diapers and take them home with you so we do not leave behind soiled garbage.
6. **Daily BUDS-** BUDS stands for bowel, urine, diet and sleep. I will go over these questions daily. Please update anyone bringing your child to lessons on how to answer the BUDS for that day.
7. **Illness**- If your child has a runny or stuffy nose or a temperature under 100.4 degrees, it is okay for them to swim. If your child has a temperature of 100.4 degrees or more, or has had vomiting or diarrhea in the past 24-48 hours our protocol is to not have them swim. You may bring them back once they are 48 hours symptom free. **If your child must miss a lesson unexpectedly, please text or email your instructor**. (Shannon: 716-553-2421; [Shannon.Wroblewski@InfantSwim.com](mailto:Shannon.Wroblewski@InfantSwim.com) ) **If your child misses lessons for 3 days or is placed on medication, you will need to submit a Missed Lesson Update (MLU) using the registration link used to initially register your child with ISR and wait for approval to return to lessons. Be sure to use your original log in and password to do this.**
8. **Towels**- **ISR requires 3 towels per child each day**. The first towel is used as a germ buffer on the pool deck. The child is placed on the second towel once they are done with their lesson, and the third towel is used to cover and dry the child. This policy is in place to prevent the transmission of bacteria and virus from the pool deck. At the conclusion of the lesson, your child will be placed on his/her left side to allow for air release and to recover from the hard work they just did.
9. **Diet**- *Please do not give your child anything to eat or drink at least 2 hours prior to lessons*, and no dairy products for at least 3 hours prior to lessons. No one works well on a full stomach, and your child will be working hard. It is recommended that you do not feed your child any **APPLES OR APPLE PRODUCTS**, pineapples, papayas, passion fruit, peaches, spinach, honey, celery, spinach, or excessive dairy in any form should be given to the child throughout the course of lessons. These foods can cause excessive gas buildup in the abdomen leading your child to experience distention and discomfort.
10. **Sibling/Child supervision**- Please keep all children that are not having a lesson seated quietly next to you. Do not allow them in or near the pool. There should be absolutely **no** venturing or running around the pool as this is distracting to the child in the water as well as the instructor. This is to ensure the safest environment possible for all children.
11. **Video/Photographs**- You may take photographs at any time. **Videotaping is only allowed on Fridays or at the instructor’s discretion**. This is due to the proprietary nature of our lessons. Please ask your instructor if you would like to record a small segment of your child’s lesson other than on Fridays. Once your child is fully skilled you can take video at any time.
12. **Parent Resource Book (PRB)**- In the ISR Registration approval email, you will receive a link to download the PRB. **Please take the time to read it**. This guide is full of useful information about what to bring to lessons, what to expect each week, as well as information about creating a safe aquatic environment for your family. Understanding the program is vital to your child’s success.
13. **No HAIR GEL or SUNSCREEN/LOTION**- Gels, lotions, and leave-in conditioners come off in the pool and cause eye irritation to other students and can throw off the chemicals in the pool and cause damage to the pool filter. Your child is only in the pool for a brief amount of time and sunscreen and lotion makes them slippery which will affect the safety of their lesson.
14. I understand that my child, myself, or any other caregivers attending the pool and using the facilities, does so at his or her own risk. The swim instructor (Shannon Wroblewski), Buffalo ISR LLC, homeowners (if applicable), lifeguards, or other pool staff shall not be liable for any damage arising from personal injuries sustained participating in swim lessons, or while on the property where lessons are being taught. Participant assumes full responsibility for all injuries and damages which may occur in or about the premises and he or she does hereby fully and forever release and discharge the swim instructor (Shannon Wroblewski), Buffalo ISR LLC, homeowners (if applicable), lifeguards, or other pool staff from any and all claims, demands, damages, rights of action, present or future, resulting from arising out of the participant’s use of the pool/facilities.

I HAVE READ THESE RULES AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT.

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If for any reason you have a concern or question now or at any time throughout lessons, please feel free to call or email me. We are partners in your child’s aquatic safety and together we can make this a safe and pleasant experience for everyone involved. Thank You again for choosing ISR! Buffalo ISR LLC [www.buffaloisr.com](http://www.buffaloisr.com)

Shannon Wroblewski

Certified ISR Instructor

716-553-2421

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