



PARENT HANDBOOK

NEVER CONSIDER YOUR CHILD WATER SAFE OR “DROWN PROOFED!” ALL CHILDREN SHOULD BE CAREFULLY SUPERVISED WHEN IN OR AROUND WATER NO MATTER THEIR AGE, HOW MUCH TRAINING THEY HAVE RECEIVED, OR HOW WELL THEY SWIM.

Table of Contents

Contact Information	2
SAFETY	3
REGISTRATION & ENROLLMENT	3
LATE OR MISSED LESSONS.....	4
VISITORS	4
COMMUNICATION.....	5
PAYMENTS	5
REFUNDS	5
FEEDING RESTRICTIONS & GUIDELINES.....	6
WHAT TO BRING & WEAR.....	6
ENCOURAGEMENT.....	7
TYPES OF LESSONS OFFERED	7
WAIVER AND RELEASE.....	9
Pool Closure Policy.....	9

Contact Information

AquatiKids
(404) 913-5385
Email: swim@aquatikids.com
www.AquatiKids.com

SAFETY

- a) Please exercise caution in and around the pool as we may not have a lifeguard on duty.
- b) For safety reasons, please sit your child on the pool edge and hold onto him until the instructor takes him/her into the pool. At the conclusion of the lesson, the instructor will swim your child to the wall or to the steps, please be ready with a towel and to walk your child from the pool; this is to avoid an accident on the pool deck.
- c) DO NOT LEAVE YOUR CHILDREN UNATTENDED FOR ANY REASON AT ANY TIME IN LOBBY OR POOL AREA.
- d) Running or playing in the pool area is not allowed.
- e) Parents must accompany and supervise their children in the bathroom, please MAKE SURE YOUR CHILD DRIES OFF before going to the bathroom or leaving the pool area.

REGISTRATION & ENROLLMENT

- a) We welcome you to schedule your classes by calling or e-mailing AquatiKids. We cannot guarantee that space will be available or that you will get your first choice in lesson time, but we will do our best to accommodate your needs. If we cannot find a mutually acceptable time, we will place your child on a waiting list and will notify you when a spot opens. You will have 48 hours to respond and confirm. If we do not receive a response within the specified amount of time, we will offer your spot to the next person on the waiting list.
- b) AquatiKids does not automatically register your child for additional lessons or groups. Each client must register for every program or set of lessons that they intend to take.
- c) There is a \$85.00 non-refundable fee for each new student to secure your time spot for lessons, including reserving a wait listed time spot. A swimmer is considered a "new student" if that child has not participated in lessons at AquatiKids in the year preceding commencement of lessons.
- d) Changes to reserved time must be made 48 hours prior to the first day of class/lessons. All withdrawals from the program less than 48 hours in advance of lessons will result in a \$85.00 cancellation fee.

SCHEDULING

- a) For beginning swimmers, Aquatikids recommends that private lessons take place either two (2) or four (4) days a week in order to optimize learning.
- b) **Please remember that you are paying for a time slot, not for individual lessons. You will be charged for any missed lessons since that time slot is reserved for your child subject to our cancellation policy which is set forth below.**
- c) To be most successful, our programs require a high level of commitment and consistency. Steady attendance will increase your child's rate of progress. It is imperative that you plan your schedule accordingly as we reserve the right to limit the number of schedule changes.

LATE OR MISSED LESSONS

- a) Please have your child ready for their scheduled lesson at least 10 minutes in advance. If you are late, we will do our best to fit your child in whenever possible, but realize that your child may have a shortened lesson.
- b) **By enrolling in our program, the time you select is reserved for your child. If your child is unable to attend his/her lesson(s) as scheduled please let us know as soon as possible so that your child's spot may be offered to students needing make up lessons. If 48 hours' notice is provided, you will not be charged for the missed lesson (or if it has been prepaid, you can apply the payment towards a future lesson(s)). If you are not able to provide 48 hours' notice, you will be charged for the lesson but it may be made up at a mutually agreed upon time.**
- c) If we have to cancel a lesson for some reason, we will arrange a make-up lesson.

VISITORS

- a) Children other than students are welcome to come, but may not swim. The instructor needs to concentrate totally on your child in order to teach him/her efficiently. If other children are running or playing, then the instructor becomes a lifeguard which detracts from your child's lesson. Your cooperation in this matter will be greatly appreciated.
- b) You must assume responsibility in explaining all rules and regulations of the pool and pool facilities to any visitor or caregiver accompanying your child to swim lessons.

COMMUNICATION

- a) If you have questions for your instructor that require more than a minute between lessons, **call (404) 913-5385** and leave a message. Your instructor will be happy to address your concerns when they are finished for the day. Please remember that our instructors are in the water all day and will likely not get a chance to speak with you until later in the evening or the following day.
- b) Please communicate all scheduling issues/questions with the scheduling coordinator at (404) 913-5385.
- c) Communication with AquatiKids can be done in person, over the phone, or via email.

PAYMENTS

- a) Payment may only be made by setting up a subscription through Aquatikids.com.
- b) Lessons must be paid weekly on Monday before lessons may begin.
- c) If you no longer wish for your child to continue in one of our group programs, you must notify our office in writing seven (7) days in advance. Failure to notify us in time will result in you being charged for the following week.

REFUNDS

- a) **UNDER NO EXCEPTIONS DO WE OFFER REFUNDS.**
- b) Please do not start your child in this program unless you fully intend to complete the entire learning process. The first few weeks of training is a very critical time of adaptation to a new environment, instructor, and technique for you and your child. It can be a time of very low self-confidence in the water because the child has not had time to acquire and perfect his/her skills in the aquatic environment. If the child's lessons are terminated during this time, the foremost thing the child will remember about the water is that lack of self-confidence in and around water.
- c) Our instructors are highly specialized in teaching Aquatic Survival skills and techniques. Please **make sure that this program is for you before you register.**

FEEDING RESTRICTIONS & GUIDELINES

- a) Do not allow fruit, vegetables, meat or dairy products for four hours before the lesson. (this includes formula, milk, eggs, cheese and yogurt).
- b) Breast milk, Rice Dream, toast and cereal (without fruit or nuts) may be given two hours before a lesson.
- c) NO FOOD FOR TWO HOURS PRIOR TO SWIMMING.
- d) Some children swallow a lot of air and some water during the lesson; when the stomach is distended the muscles tighten up across the abdomen and a child will burp. If there is food in the stomach when this happens, the food will come out with the air and the child will spit up in the pool. The pool filtration system will clear the pool quickly, so if this happens to your child, do not be frightened or distressed. This happens to some children regardless of whether they have recently eaten or not and is nothing to worry about, but controlling feeding just before the lessons will help. You can usually expect an increase in appetite and longer naps as a result of swim lessons. Please allow for naps and try to avoid going shopping right after a lesson.

WHAT TO BRING & WEAR

- a) Please be sure to come prepared!
- b) You are required to provide your own towels. We suggest you bring two.
- c) All Children under 5 years old are required to wear our snugly fitted reusable, non-disposable cloth swim diapers with a disposable "little swimmer" underneath the non-disposable diaper during lessons. Swimsuits are optional.
- d) If your child is not wearing an approved non-disposable diaper, and has an accident in the pool there will be a charge of **\$100.00** passed on to you. In cases of pool contamination the pool must be closed to super shock it and clean it, which means canceling all classes in the above time frame.

ENCOURAGEMENT

- a) It is critical to bring a positive attitude to each lesson. We can teach your child skills, but it is your support that will most affect his/her attitude and progress. We have observed that children do much better when parents are involved and cheer as they acquire and develop new skills. We cannot over emphasize the importance of your support.
- b) It is also important to know the appropriate time to clap and cheer. Sometimes what the instructor is looking for during lessons is different from what might look good to you. If we work together and show approval for the same things, it will help your child feel successful and increase their chances of success.
- c) Your child's instructor will provide you with information on how to enjoy the water with your child outside of our pool. It is crucial that you utilize these tools and techniques so not to undo the skills they have built during their lessons. Your cooperation or lack of cooperation will ultimately increase or decrease the amount lessons required.

TYPES OF LESSONS OFFERED

Little Fish: Approximately 6-18 months old

4-6 Week Program (16 to 24 lessons) / Cost: \$100 per week

This course is designed to teach children ages 6 months to 18 months lifesaving aquatic skills. Skills taught including the ability to roll over in the water, float, and breathe for an indefinite amount of time, regardless of water depth. Children with the ability to crawl or walk will also be taught to alternate floating and breathing with swimming so that the technique may be used to reach the side of the pool and safety. The course is taught four days a week for 10 minutes each day.

Big Fish: 18 months to 6 years old

Approximately 6-Week Program (24 lessons) / Cost: \$100 per week

During this approximately 6 week course, children will be taught to alternate floating and breathing with swimming so that the technique may be used to reach the side of the pool and safety. Once your child masters basic swimming skills, fully clothed, they will be taught how to safely exit the pool without assistance, safe breathing techniques, and proper kicking. The course is taught four days a week for 10 minutes or two days a week for 20 minutes **at the discretion of the instructor** based upon the child's age, attention span, and abilities to ensure optimal learning occurs.

Private Lessons: Any Age

This course is designed for those wishing for high quality private swim instruction without the time commitment of Little Fish or Big Fish, or for graduates of those programs wishing to continue practicing what they have learned and transition from a survival swimmer into a recreational / skilled swimmer. This course provides for development of swimming skill and includes water toys, floats, and games for a fun experience.

Cost: \$50 for each 20 minute lesson

Two Fish: Approximately 2.5 years and older

Children need to practice what they have learned in private lessons and transition from a survival swimmer into a recreational / skilled swimmer. This course provides for development of swimming skill with a ratio of two students to one instructor and includes water toys, floats, and games for a fun experience. Graduation from Big Fish or equivalent skill is required to ensure consistency and that the most benefit is derived for each student.

Cost: \$37.50 per student for one 30 minute shared lesson each week or \$70 per student for two 30 minute shared lessons each week

WAIVER AND RELEASE

Please read carefully and be aware that in registering your minor child for participation in this program, you will be waiving and releasing all claims for injuries you or your child might sustain as a result of participation in any class or activity conducted by AquatiKids.

As a parent/guardian of a participant in AquatiKids, I recognize and acknowledge that there are certain risks associated. I agree to assume full responsibility of any injuries, property damage, or loss, which I, or my minor child, may sustain as a result of participating in any and all activities connected with or associated with AquatiKids.

I agree to hold AquatiKids and/or the Instructor from any liability resulting from use of the premises and waive and relinquish all claims against AquatiKids or its owner or operator from any injury that I, or my minor child may sustain as a result of participating in this program.

I also agree that any photos or videos taken of my child may be used in AquatiKids promotions.

Pool Closure Policy

In accordance with facility rules, I agree to have my child wear swim diapers until the age of five, to prevent pool closures due to fecal accidents. Children that are *NOT* potty trained must have both a disposable *AND* non-disposable swim diaper when they enter the pool. I understand that if my child is under age five and does not comply with the facility rules, I will be fined \$100 for any pool closure resulting from an uncontained fecal accident by said child.

Wetsuits are encouraged and are available for purchase.

ACKNOWLEDGEMENT AND RECEIPT OF PARENT HANDBOOK

I acknowledge that I have received a copy of the AquatiKids Parent Handbook.

I understand and agree to the following:

The Parent Handbook contains important information on policies and procedures. This information is important to your child's well-being and continued success during lessons.

The Parent Handbook is not intended to cover every situation, but is a general reference guide to the questions you may have concerning our protocols.

It is my responsibility to familiarize myself with the materials and to follow all policies and rules outlined in the Parent Handbook and set forth by AquatiKids.

All policies are subject to change and as the need arises, new policies may be added, any time and at the sole discretion of AquatiKids.

IN ADDITION:

I understand that if my child is under age five and does not comply with AquatiKids swim diaper requirements, I will be fined \$100 _____ for any pool closure resulting from an uncontained fecal accident by my child. Parent(s) Initials

THERE ARE NO REFUNDS

As evidenced by your signature, you agree to the terms and conditions listed herein

Participant's Name

Signature of Participant's Parent or Guardian

Date