

WHAT IS A HIGH-QUALITY SWIM LESSON?



**Parents
Preventing
Childhood
Drowning**



High quality swimming lessons will teach your child what to do in the event of an aquatic emergency. This is called self-rescue.

- Roll back to a float to breathe
- Turn back to a swimming position to find the exit
- If fallen into the water, turn around in the water and reach for the wall
- Teach child to close mouth and hold breath when water rises
- Ability to open their eyes underwater
- Self-rescue when fully clothed
- Considers the medical and physical condition of your child as pertains to swimming

High-quality lessons are private with a 1:1 student to instructor ratio and customized to the child's needs. Instructors receive hands on training and an academic education. They are CPR and First Aid certified. Progress happens in weeks, not months.

These lessons do not use flotation devices to teach your child to swim. Flotation devices can confuse your child and lead to postures that cannot be maintained without it's use (such as a vertical, head up, posture when swimming). Flotation devices also do not provide your child with the opportunity to practice and maintain their own buoyancy.



**Drowning is the
leading cause of
injury related death
in young children.**

**Help us change this
statistic.**