

# JUST US SWIM KIDS!

**SWIM...FLOAT...SURVIVE**

## **PARENT HANDBOOK**

Contact Information  
Just Us Swim Kids, Inc.  
(678)749-0416

Email: [tatum@Justusswimkids.com](mailto:tatum@Justusswimkids.com), [www.Justusswimkids.com](http://www.Justusswimkids.com)

We are social!

[www.facebook.com/JustUsSwimKids](http://www.facebook.com/JustUsSwimKids)  
[www.instagram.com/Justusswimkids](http://www.instagram.com/Justusswimkids)

**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.**

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## **SAFETY**

- A. Please exercise caution in and around the pool as we do 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.
- F. 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. For parents who may have an older child that must accompany the parent into the opposite sex restroom please ask if there is a family restroom we will try and accommodate the best way possible.

## **REGISTRATION & ENROLLMENT**

- A. We welcome you to register for classes by calling or email. 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. Just Us Swim Kids 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 one-time \$80.00 non-refundable deposit to secure your time spot for private lessons, including reserving a wait listed time spot.
- D. Changes/cancellations must be made 48 hours prior to the first day of class/ lessons. All cancellations made after this time will result in a **\$75.00** cancellation fee for Survival swim and Just Us Swim Kids programs a \$25 fee for all other programs.

## **SCHEDULING**

- A. Lessons are either three (3) or two (2) days a week for private, once (1) or twice (2) per week for group or one (1) to three (3) times per week for stroke school.
- 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.
- 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.
- D. All scheduling must be approved by and handled at the instructor to avoid confusion and to prevent double booking.

## LATE OR MISSED LESSONS

- A. Please have your child ready for their scheduled lesson at least 10 minutes in advance. Please take your child to the restroom prior to your lesson. 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. If you are more than 5 min. late your session may be considered a late cancellation and a missed session.
- B. For the lesson to be excused, please call or email Just Us Swim Kids no later than 6am of the lesson to be missed. Contact info: **678-749-0416** or **Tatum@Justusswimkids.com** There is a \$35 late cancellation Fee.
- C. For private lessons, you may make-up two (2) excused absences.
- D. For group lessons, you may make-up one (1) excused lesson per month, within fourteen (14) days of the absence.
- E. We **charge** for make-up lessons in excess of allowable excused and/or for ALL unexcused absences.
- F. 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, text or email, at **678-749-0416** **Tatum@justusswimkids.com**, Leaving a message is fine but texting is much more efficient. 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 instructor in a timely fashion.
- C. Communication with Just Us Swim Kids can be done in person, over the phone, or via email. A complete listing of our contact numbers and addresses can be found at the beginning of this handbook.

## **PAYMENTS**

- A. We except: Cash, Check and most major credit cards. (Please note that we do not accept AMEX).
- B. Private lessons must be paid for in full prior to or on the date of the first lesson unless a payment plan has been requested.
- C. Group lessons will automatically be billed on a monthly basis. If you no longer wish for your child to continue in one of our group programs, you must notify our office in writing no later than the 20th of the month prior. Failure to notify

us in time will result in you being charged for the following month.

- D. A valid method of payment or early payment agreement form must be on file for all swimmers.
- E. A fee of \$35.00 imposed on all returned checks. **\$35 late fee for late payments.**

## **REFUNDS**

- A. **UNDER NO EXCEPTIONS DO WE OFFER REFUNDS.** 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.
- B. Our instructors are highly specialized in teaching Aquatic Survival skills and techniques. **Please make sure that this program is for you before you register there are no refunds.**
- C. **Please do not start your child in this program unless you fully intend to complete the entire learning process you are financially responsible for the entire program.** The reason Just Us Swim Kids places this firm financial responsibility on you is -- 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 the lack of self-confidence in and around water.

## 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.** There is a **\$500** fine if you do not adhere to our feeding policies we want to avoid pool contamination at all times to keep our other swimmers safe and pool operating.
- 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. 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 on top with wetsuit optional.

D. All children under the age of 5 attending group classes are required to wear a wetsuit. The wetsuits prevent contamination.

- All children in groups who are not potty trained must also wear **both** the **disposable** and **non-disposable** diaper under their wetsuit.
- Children in groups who are potty trained may omit the disposable diaper, but must still wear the **non-disposable** diaper under their wetsuit.

E. Non-disposable swim diapers, 'little swimmer' disposable diapers, and wetsuits are available for purchase from the instructor. \$15 for the non-disposable, \$2 for the disposable and \$32.00 for wetsuits.

F. **If your child is not wearing an approved non-disposable diaper, and has an accident in the pool there will be a charge of \$500.00 passed on to you.** In cases of pool contamination we must close the pool for 48 hours 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.

## **LESSONS**

Disclaimer: Part of our job is to educate you. In order to maintain learned skills, it is vital to know how to work with your child in the water, therefore, at some point during the program we require a parent or guardian to join their swimmer in the water for two 20 minute sessions. You have put a lot of money and time into your child's swim lessons and we feel that your child will have better success if their newly learned skills are reinforced when outside of our pool and instructors.

### **Infant Survival: 6-12 months (or Pre-Walkers)**

8-Week Program (16 to 20 lessons)

Your infant will learn to rollover from a face down or submerged position onto their backs to relax and breathe. They will also perform these skills while fully clothed before graduation. Lessons are one-on-one 4 days per week, 10 minutes per day for 5 consecutive weeks. A child who successfully completes the Infant Survival 5-week program will move into our super fun once per week Caregiver and Me program called JUST BABES! 5 week commitment, 3 days per week; **(\$180 per week, 5 week commitment)**

### **SFS-Swim-Float-Survive: 12mo – 11years**

6-8-Week Program (16-24 lessons)

This program teaches the survival swimming technique we call

SWIM\*FLOAT\*SWIM because it teaches a small child to swim on his tummy, roll

over to get air, flip back to swim and then to propel themselves to the side of the pool unassisted and fully clothed. Lessons are one-on-one 2-3 days per week (unless additional days are needed), 10 minutes per day for approximately 6-8 consecutive weeks. Graduates of this program move into the exciting and fun, AQUABABIES OR FUN DAYS groups (DEPENDING ON THEIR AGE) to keep their skills fresh while having fun in the water. SFS program, 6-8 week (2-3 days) per week commitment; **(\$180 per week, 6-8 week commitment)**

Private Lessons: 12 lesson commitment

FAST TRACK: 15-minute lessons/3 days per week for approximately 4weeks **(\$270 per week 4 week commitment)**

## **JU Fun Kids:**

**(\$120 per week 7 week commitment)**

This program is designed for children who first learn our signature swim\*float\*swim. Once the swimmer masters the basic skills fully clothed, we move on to breathing techniques, proper kicking and use of arms. Swimmers graduating from this program move into our unique Strokes & Floats Program

**STROKES & FLOATS or PRE-COMPETITIVE** programs to continue working on learned skills and proper techniques.12 lesson commitment

## **FIRST GROUPS**

### **Just Me and You**

This fun filled class is for swimmers up to 24 months old. Swimmers are taught with a parent

By c fin the water guided by an instructor. This class teaches the parent how to build a positive relationship between the child, parent, teacher and the water.

NOTE: Need a minimum of 3 students to run class

### **JU Water Babes**

**Aquababies** is a baby swimming course offered for babies 7-30 months who have completed private lessons and have acquired basic survival skills. Baby swimmers need to practice the skills they have learned for maximum retention. Toddlers experience the fun of water exploration within a relaxed group setting. Once a week, parents and toddlers interact with each other while they swim, float, sing and play together in the water.

This class reinforces our philosophy of safety skills first, followed by water enjoyment and ultimately proficient swimming.

### **Just Fun days**

Fundays is for children 2.5 to 4 years who have completed private lessons and have mastered the ability to swim-float-swim. Children need to practice their skills to maintain confidence and improve retention. Aquatic professionals agree upon the importance of play in the learn-to-swim process and the negative effects of time spent out of the water. Fundays are an aquatic adventure that will change your child from a survival swimmer into a recreational swimmer, and perhaps even a swim team participant. The structure and curriculum vary according to instructor, but include an exciting array of water toys, animal floats and games. Whatever the age or activity, your child will have such a good time that he probably won't want to get out of the pool at the end of the class!

### **Strokes n'Floats**

Strokes n'Floats is a transitional program between Just Fundays and Stroke School where swimmers are introduced to more advanced skills and the beginning elements of backstroke and freestyle.

## **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 Just Us Swim Kids.

As a parent/guardian of a participant in Just Us Swim Kids, 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 Just Us Swim Kids.

I agree to hold Just Us Swim Kids and/or the Instructor from any liability resulting from use of the premises and waive and relinquish all claims against Just Us Swim Kids or and its owner or operators 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 Just Us Swim Kids promotions.

## **Pool Closure Policy**

In accordance with facility rules, I agree to have my child wear a wet suit purchased from Just Us Swim Kids, Inc. WHEN INVOLVED IN GROUP LESSONS, until the age of five, to prevent pool closures due to fecal accidents. Children that are under the age of five and potty trained must wear a non-disposable swim diaper and wet suit. 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 \$500 for any pool closure resulting from an uncontained fecal accident by said child.

Wetsuits are not encouraged or required for private lessons unless the instructor indicates differently.

## **ACKNOWLEDGEMENT AND RECEIPT OF PARENT HANDBOOK**

I acknowledge that I have received a copy of the Just Us Swim Kids 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 Just Us Swim Kids.

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

The revised July 2015 Just Us Swim Kids, Parent Handbook supersedes and replaces any and all prior handbooks or materials previously distributed.

**IN ADDITION:**

I understand that if my child is under age five and does not comply with Just Us Swim Kids swim diaper requirements and feeding requirements, I will be fined \$500 \_\_\_\_\_ **(initial)** for any pool closure resulting from any uncontained fecal or vomit accident by my child.

**THERE ARE NO REFUNDS**

Parent(s) Initials

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**