



Thank you for your interest in Infant Swimming Resource (ISR) Self-Rescue swim lessons for your child. Through ISR lessons, children ages 6 months to 6+ years learn to swim and develop the skills necessary to survive in the water, to safely enjoy the water and build their confidence in the water. ISR is very different from traditional swim lessons. In only about 4-6 weeks, your child can be swimming and floating independently and more importantly, will learn what to do in an emergency.

ISR is the safest and ONLY provider of comprehensive swimming and aquatic self-rescue™ instruction. Our method of clinically researched instruction emphasizes developmentally-appropriate skills training to ensure that your child is learning self-rescue skills and developing the competence required to enjoy the water. Integrated into the skills training of infants and young children is the ISR Parent Education program that seeks to enable the parents and caretakers to understand drowning prevention methods and thereby, safeguard their child's aquatic environment.

The ISR Lesson Experience:

- ISR Lessons are available to infants and young children 6 months to 6+ years old.
- These safe and effective lessons are customized to your child and taught one on one. We do not offer group lessons. Your child's lesson experience will be unique and to provide the safest possible lesson, the instructor's attention will be focused on your child only throughout the lesson period.
- Lessons are no more than 10 minutes a day, typically 5 days a week, Monday through Friday. To master these self-rescue skills, the enrollment period is typically about 4-6 weeks, though some children finish faster and some need a little more time to master these skills. (*The Unalaska session will include Saturday lessons.*)
- Your Certified ISR Instructor will provide instruction to your child that emphasizes developmentally appropriate skills training, health issues and considerations, ongoing program evaluations, and parent education.
- After the initial lesson experience is complete, ISR recommends regular practice and occasional refresher lessons that will enable your child to learn how to adjust their swimming and floating skills to their continually growing and developing bodies.

Your Child's Self-rescue Skills:

- Infants (6 months to 12+ months old) will learn to hold their breath underwater, roll onto their back and float unassisted.
- Children (1 year to 6+ years old) learn the following sequence: how to hold their breath underwater; swim with their head down and eyes open; roll onto their back to float, rest, and breathe; and roll back over to resume swimming until they reach the side of the pool and can crawl out or be rescued by an adult.
- Since statistics show that 83% of all children who drown are fully clothed at the time, during the final week of lessons, while under the watchful eye of an instructor, each of our students have the opportunity to practice their self-rescue skills in both light and heavy clothing.



Schedule, Location and Pricing:

The Unalaska ISR session will be held at the Aquatic Center. This session will run from Monday August 22, 2022, through Wednesday September 14, 2022. Classes will be held Monday through Saturday, excluding the Labor Day weekend (no lessons Saturday through Monday 9/3-9/5). Each student will have an assigned private lesson scheduled in 15-minute increments Monday through Saturday between 4:00-5:45 PM. Additional spots may be added at other times based on registrations. Please let us know if you have any scheduling requirements and we will do our best to find a time that works for you, though we may not be able to accommodate all requests. This session will focus on basic lifesaving skills: students will learn how to hold their breath underwater, roll onto their back and float unassisted. Enrolled students should attend all scheduled lessons; there are no refunds for missed lessons.

Session fees are \$800 per child. A 25% deposit (\$200) is due immediately to reserve your child's spot in this session. The balance (\$600) is due on or before the first lesson on Monday August 22nd. **There is a separate ISR registration fee of \$105.** This fee covers the cost of the ISR registration evaluation team (RET) to complete a medical review of your child's application to ensure the safest lesson for your child. ISR has taught over eight million safe and effective lessons! Included with your registration is our Parent Resource Book (downloadable PDF) that explains ISR methods in more detail. And as a thank you for choosing ISR, you will receive a gift certificate redeemable online for a reusable swim diaper or other items your child may need during lessons.

Registration Information

STEP 1: ENROLLMENT INFORMATION

Please complete for each child you would like to enroll and email to deb@isrhawaii.com or fill out your child's enrollment on the website at www.UnalaskaISR.com

Child's Full Name:

Child's Birth Date:

Parent/Guardian Name(s):

Cell Phone (of person bringing child to lessons):

Email Address:

How did you hear about us?

STEP 2: VENMO DEPOSIT

Click the payment link on the website at www.Unalaska.com to send your \$200 non-refundable deposit for this session, due immediately to hold a spot of for your child.

STEP 3: ISR REGISTRATION

After paying your deposit, please check your email on for the ISR registration link, and please complete that registration right away to make sure your child is cleared for lessons.

Thank you for choosing ISR lessons for your child!