

Hi! Thank you for your interest in ISR. This message is directed toward students who are brand new to ISR.

**Next session's Target start date is May 28, 2024.**

The June session will be held at either Chesapeake Golf Club, or a private pool located in the Great Bridge area, with times between 1:00pm-2:20pm. I will confirm the location by May 12.

Lessons are Monday through Friday, 5 times per week, for 20-30 lessons. Lessons are 10 minutes or less, per day. The cost is \$699 for a full session. If full payment is made by May 12, a \$49 discount is provided. If you choose to pay weekly, the first payment is due by May 12. The following payments are due on May 28, June 3, June 10, June 17 and June 24.

**There are no make-up days.**

If you have vacation scheduled during this period, I advise you to not sign up for this session.

The session will end on July 11. If your child needs additional lessons, you will be contacted when the next ISR session becomes available.

ISR prides itself on being the safest provider of self-rescue survival and swim lessons for 52 years. ISR achieves this status by closely monitoring every child's safety, and progression in lessons with every instructor. There is an initial registration fee of \$105 that covers the cost of our medical, pediatric, and specialized staff fulfilling this quality assurance roll. If you continue with ISR, there is an annual \$40 update registration fee. **This fee does not go toward the swim lessons.** I will send you an email, three-weeks prior to lessons beginning, with a reminder and a link to the site. **We cannot swim without an approved ISR registration.**

I have attached an ISR Information sheet regarding lessons.

Lessons are offered on first-come-first-serve basis. In order to secure one time slot, there is a \$150 non-refundable deposit. This deposit goes toward your child's first week of lessons.

**Important dates to know:**

**May 6:** You will receive an email with the ISR registration link and request for either your full or first payment to me for swim lessons.

**May 12:** If you do not complete the ISR registration nor your first payment, by **May 12**, your time slot will be forfeited and will be opened to another swimmer.

If you agree to all of the information in this email, for ISR, I will ask you do two things:

- 1) I will ask for an \$150 non-refundable deposit. This will secure the time slot and go toward the first week of lessons (5 days of lesson).  
I accept cash, check, venmo, my username is @spindlebeak, zelle and/or apple pay
- 2) Once your non-refundable deposit has been submitted, please send me an email with the following:
  - a. Your name
  - b. best telephone number
  - c. email address
  - d. your child's age
  - e. first 10 minute time slot choice, and second 10 minute time slot choice

I will not accept student(s) without both 1 and 2 above completed.

Sign ups will be taken on a first-come-first-serve basis. Once all spots are filled, I will not accept any more non-refundable deposits.

The following guidelines are the best practices for creating the safest possible environment for your children.

**Ongoing communication with your instructor including:**

Daily determination if child or anyone in the household has a fever, diarrhea or vomiting.

**Facility/Pool area precautions:**

If we are at a private pool, there is not a bathroom for use. Please have your child use the restroom at home, before lessons. If you foresee an issue, please carry a potty with you.

**Before the Lesson:**

All BUDS interviews should be fully facilitated by the Instructor. The parent will need to sign/initial the daily BUDS interview.

Parents should arrive no more than 5 minutes before lesson with their child fully dressed in swim attire.

**During the Lesson:**

Once your child and I have a repour, I will happily speak during the lesson regarding what I am doing and looking for.

**After the Lesson:**

The 3-towel rule is strictly enforced!

Parents should not wring out swim diapers in the pool or around the deck area. Any re-useable swim diapers should be placed in a bag and taken home by the parent.

From March 1 through March 3, I will be checking emails and messages throughout the day in order to answer any questions or concerns. Please understand everything before making a decision.

Thank you!