



Thank you for your interest in Infant Swimming Resource. 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.

#### **Here are the Facts about ISR:**

- ISR was founded in 1966 by Dr. Harvey Barnett with the guiding mission "*to prevent drowning and enrich the lives of children by teaching them to swim*" and to ensure that **Not One More Child Drowns**.
- Since its creation, ISR has provided over 6 million safe and effective lessons to more than 175,000 children.
- This nationally recognized program is the first and only drowning prevention strategy that has earned a 100% safety record.
- ISR Certified Instructors are trained through an extensive 5 week course guided by a Master Instructor, during which time the Instructor is trained and tested in the academic areas of child psychology, behavioral science, physiology, and anatomy. In addition to gaining an academic foundation, Instructors engage in over 40 hours of hands on, in water practical application of the technique.
- The ISR National website is an award winning and nationally recognized site, providing information about water safety and aquatic self-rescue training for infants and young children, please visit [www.infantswim.com](http://www.infantswim.com) for the complete ISR Story, as well as to view pictures and videos and read testimonials from parents and doctors. Also be sure to visit our local, Brevard County website: [www.swimsafenow.com](http://www.swimsafenow.com) for information on your local instructor, pool directions, photo gallery and much more.

#### **The ISR Lesson Experience:**

- ISR Lessons are available to infants and young children 6 months- 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 baby only throughout the lesson period.
- Lessons are no more than 10 minutes a day, 5 days a week, Monday through Friday. In order to master these self-rescue skills, the enrollment period is between 4 and 6 weeks.

- 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 that every child participates in 1 to 2 weeks of Refresher lessons every 6 months to a year. This 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- 12 months old) will learn to hold their breath underwater, roll onto their back and float unassisted.*

*Children (1 year- 6 years old) will 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 breath; 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 their summer and winter clothes.*

### **Thank You!**

Thank you for contacting ISR and for making your child's safety in and around the water a priority.

