



You finished your initial session!



Now what?

1

Maintenance Lessons: Consistent maintenance lessons are crucial for skill retention. We recommend at least 2 lessons per month to maintain skills. Maintenance lessons are self-scheduled using the scheduling links on the Parent Page on our website. Maintenance lessons are \$20-\$25 each (varies by instructor) and paid online via Square.

2

Ditch the floaties: Now that your child is ISR skilled, they should no longer be using flotation devices in the pool (water wings, puddle jumpers, etc). These devices will UNDO all of the skills your child has learned and will reinforce the drowning position.

ALWAYS use USCG approved life jackets in or on open water

3

Plan ahead for your younger children: If you have a younger child who has not yet done ISR, prepare to plan ~6 months in advance for lessons. Children can start as early as 6 months old. Contact your instructor to discuss the best time for your younger child to do ISR.

4

Spread the love: Most of our business comes from referrals and word of mouth. If you could take a moment of your time to leave us a review on google and tell your friends about ISR, we would truly appreciate it.

If you ever have any questions or concerns about your child's skills or anything ISR, please don't hesitate to contact your instructor