



ISR of the Bluegrass, LLC  
Rock Solid Survival Swim  
*\*Give your child the gift of time*

## **INFANT SWIMMING RESOURCE, LLC**

*The finest aquatic survival instruction for infants and children*

*ISR Mission:  
"To see not one more child drown."*

Dear Parent,

Thank you for requesting more information about **Infant Swimming Resource (ISR)**. You are about to discover why **ISR** is the most educational and effective self-rescue swimming instruction available.

Founded by Dr. Harvey Barnett, a behavioral psychologist, ISR is the product of over 45 years of development in the area of aquatic safety for infants and young children. Based on child psychology and development studies, the techniques required to teach aquatic self-rescue skills are an application of the behavioral sciences. ISR lessons are **individualized** and adjusted to match your child's cognitive and physical abilities.

### **LESSONS FOR THE INFANT (6 – 12 MONTHS AND CRAWLING)**

The goals for this age group involve the child learning to roll over onto his back to attain and maintain a backfloat, rest and breathe when faced with an aquatic situation. The duration of private, individualized lessons to achieve this skill set is approximately 4 - 6 weeks (20 - 30 lessons).

### **LESSONS FOR THE TODDLER AND YOUNG CHILD (13 MONTHS and walking to 6 YEARS)**

Children who are walking and over the age of one year are taught to swim with their faces in the water, roll to a backfloat, rest, and breathe. After resting, the child flips over and continues swimming. A child can perform this swim-float-swim sequence to reach a point of safety in the water, i.e. the wall or steps/ladder area of the pool. **The confidence and self-esteem of these young swimmers is truly amazing!** The duration of private, individualized lessons to achieve this skill set will take an average of six – eight weeks (30 - 40 lessons). In the final week of lessons, ISR students practice their skills while fully clothed, so they will know they can still perform their skills, even fully clothed!

Every lesson is private, one-to-one instruction. We do not have group lessons because we know your child must have our undivided attention in the water. Lessons are **performance-based** and are scheduled every weekday for a maximum of 10 minutes because our research shows this is the most effective environment for your child's learning. Because young children placed in new situations usually cry for the first few

lessons, the ISR program is designed to take small “baby steps” in teaching your child the necessary skills. The smiles of confidence shine through as their skill level develops.

We focus on tiny, successful attempts and improvement in skill, and use **positive reinforcement** to recognize each accomplishment, no matter how small. Each child learns and has their own pace and personal style. The parent, or caregiver, watches every lesson poolside to encourage the child (much the way we encourage a child who is learning to walk). Watching the lessons also reinforces that an adult must always be present and watching them when they are in the water.

#### **SEE WHAT YOUR CHILD CAN LEARN:**

<http://www.infantswim.com/lessons/isr-lessons.html>

Since statistics show that 86% 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 has the opportunity to practice their ISR Self-Rescue skills in both their summer and winter clothes.

#### **HEAR WHAT ISR PARENTS ARE SAYING:**

<http://www.infantswim.com/lessons/isr-parent-testimonials.html>

#### **WHAT FURTHER LESSONS WILL MY CHILD NEED?**

After the swim-float-swim sequence has been learned and stabilized, your child should return to the ISR program a minimum of every 6 months for a short refresher period, usually 2-3 weeks. Once a week maintenance lessons are also an option and highly recommended to keep aquatic skill levels current with a child’s physical as well as cognitive growth. Swimming is a skill built upon physical stamina, effectively maintained by practice.

#### **WHAT IS THE COST OF LESSONS?**

**ISR** lessons are \$60.00 per week at McDowell Wellness Center. I do offer a sibling discount of \$10.00. The weekly amount is payable to the instructor.

Refreshers are \$50.00 per week and on average last 2-3 weeks.

When a floating student comes back to learn the swim, it usually takes at least 4 weeks and is regular weekly tuition price.

If ever I have to cancel I will always deduct an average ‘daily’ price, but if you are the one to cancel regular weekly tuition is due.

If there is an extended period of absence to due sickness, I am willing to work with you to adjust that weeks tuition amount.

**\*\*Please ask about scholarship availability based on financial need**

**\*\*Please never let money be the reason, if you are committed to getting your child to lessons—this can be worked out☺**

The National Registration fee is \$105 per child, a one-time fee only and paid directly to Infant Swimming Resource, LLC during the on-line registration process done by the parent.

For on-line registration access, e-mail me your request for registration at [c.mcglone@infantswim.com](mailto:c.mcglone@infantswim.com).

Once your child is registered with ISR, you will receive the **PARENT RESOURCE GUIDE**. The topics covered in this guide are an important part of assisting your child to become an aquatic problem solver! You will be provided with a coupon code to order a swim diaper or t-shirt directly from the ISR Seal Store located on the National Website.

You and your friends may access additional information on the Internet at <http://www.infantswim.com>. This website is also a wonderful resource for your pediatrician.

I invite you and your children to come meet me and observe lessons in progress. For lesson times or questions, please call me at 859-325-0729. Once again, thank you for your interest.

Sincerely,  
Certified ISR Instructor  
Christie McGlone, RN  
ISR of the Bluegrass, LLC