



## Frequently Asked Questions

### **At what age can I register my child for float lessons?**

Training is offered to children as young as 1 to 4 years (if your child is older than 4 years we will still offer training).

### **Can I schedule all of my children at the same time?**

Each child learns at their own pace. One child may learn the Float 4 Life technique faster than the other. With this being said it is important that we train each child separately.

### **Can parents stay and watch the float lessons?**

Absolutely! Parents are welcome to be in the pool area to watch.

You are then handy to:

- Assist your child if they need to go to the restroom or if they would have an accident.
- Be extra eyes watching the water.

However, in order for our instructors to effectively teach they need the child's full attention and trust. Breathing and concentration are two critical components of water safety training. We kindly ask to move to an area where your child cannot see you if you see that they are distracted.

### **Should my child eat before a swim lesson?**

Please do not feed or give your child milk or juice one hour before their swim lesson. If your child is frightened or cannot hold their breath, we recommend no eating 3 hours before lessons. Nervous children often swallow lots of air and sometimes water which may cause a child to throw up.

### **What should I bring to the lesson?**

- All children under the age of 3 are required to wear a non-disposable swim diaper and plastic pants regardless of whether or not the student is potty-trained.
- Swim suit
- Towel
- Change of clothes
- Shampoo & Soap (we do have showers you are more than welcome to use)

### **What is your lesson make-up policy?**

Please contact your Float 4 Life Instructor to coordinate scheduling.

**What if I have concerns about the way the lessons are going?**

We understand that you're extremely interested in your child's success with float lessons. We are too! Should you ever have concerns, please address those concerns with us immediately.

**How long will it take for my child to learn how to float?**

Every child learns at a different rate. This is why our program is a skills-learned program not a "grade" earned program. Your child's personal progress will be taken into account each class. At the end of the program your instructor may recommend continued training.

**It will depend on:**

- The level of fear
- The ability to trust the instructor
- The child's individual personality. Some children have a cautious personality and others jump into everything without a thought.
- The amount of time the family goes swimming together.
- The way the body and coordination have matured. Some can just get it and others need to practice over and over and over again.

Our advice is to be patient with your child and offer lots of praise and encouragement.

**What if my child does not like float lessons?**

Floating like many activities, generates anxiety in some children. This anxiety may be most evident on the first day of lessons. As each class progresses, your child's anxiety should be less and less evident. That's why we schedule multi-week sessions. Time, familiarity and consistency ease the anxiety. Remember this is a skill for life that you are giving your child.

**How frequently should I schedule my child's lessons?**

Each child is different and our program is set up to accommodate individual needs to optimize learning. Please take your child's comfort level into consideration when making these decisions. If your child is frightened, we recommend scheduling lessons as frequently as possible. Otherwise, it depends on how quickly you want your child to learn. Children learn with fewer lessons if the lessons are close together. If you practice "homework" and hints at home they will learn more quickly. If you are practicing and the children are grasping the concepts, twice a week is sufficient. We also strongly recommend "refresher lessons".

**What is next for my child after Float 4 Life lessons?**

Our Otter Sessions are for those who have completed the Float 4 Life program, are under 4 years old and want more work 1-on-1 with our certified staff to reinforce Float 4 Life skills, increase stamina and develop new skills.