



## **Under the Sea Survival Swim, LLC**

[WWW.SWIMSMART.ORG](http://WWW.SWIMSMART.ORG)

772-834-7464 Text or Call / Zelle - Ana Johnson

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**Email:** [utsss.psl@gmail.com](mailto:utsss.psl@gmail.com) or [utssswim.psl@gmail.com](mailto:utssswim.psl@gmail.com)

**Instagram** @undertheseapsl2024

**Facebook** Under the Sea Survival Swim, LLC

**TikTok** @undertheseasurvivalpsl

**GOOGLE** ★★★★★

Student Name \_\_\_\_\_ Voucher # \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Guardian(s)/Parent(s) \_\_\_\_\_

Alternate party delivering to lessons (relationship, name, phone #)

\_\_\_\_\_

\_\_\_\_\_

How did you hear/learn about Under the Sea? \_\_\_\_\_

***Will you REVIEW me on Facebook and Google once we near the end of your voucher use?***

## **Medical and Other Information**

**Please try to be as accurate as possible.** This information is kept secure and is not shared with anyone outside of Under the Sea Survival Swim, LLC (UTSSS). It is intended to help guide your instructor and possibly assist them with any special concerns or details that may affect your child's experience in the water, while not interfering with any care or medical professionals (including therapy) at the same time.

Pediatrician's Name \_\_\_\_\_ Phone # \_\_\_\_\_

Medications being taken (Please include any over the counter meds)

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Has your child ever seen a medical specialist of any kind or been referred to one?  
Including therapy (psychological or physical also).

**Please circle one: Y or N**

If so, please explain briefly \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does the child still receive these specialist services? **Please circle one Y or N**

## **Aquatic (water) Exposure/History**

**Please answer as best as you are able:**

Family spends time near or live near the following **(circle all that apply):**

**Pool. Hot tub. Pond. Lake. Canal. Boat. Beach. Other (explain):**

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Previous aquatic instruction (if any): Did you complete successfully? **Y or N (Circle)**

Program type: \_\_\_\_\_ Where: \_\_\_\_\_ When: \_\_\_\_\_

If not completed - can you tell me a little about why? \_\_\_\_\_

Are there other family members who are **not** able to swim/aquatically skilled or afraid of water? **Circle One Y or N**

Has your child ever had a negative water/aquatic incident? **Circle One Y or N**

If YES, please explain \_\_\_\_\_

Has your child or does your child use a flotation device? **Circle One Y or N**

Type of device(s): \_\_\_\_\_

Can you describe your child's prior pool or water experience(s) and what that has been like? Please include specifics like responses to water in the face, lying on their backs, etc. Please use the back if you need more space. I need to know if they are scared or fight this process or do not enjoy it so that we can improve the experience.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your aquatic goal for your child? \_\_\_\_\_

**Expectations:** Every child's experience is different and every child's degree of learning is also. Age and motor-skills both play a factor as development is different for every child. Each program is expected to last between 4 and 6 weeks and can continue past this as well, often to the 8 week mark, to reach a level of confidence with swim and safety as well as comfort in the water in some cases.

I have read and understand Under the Sea Survival Swim, LLC expectations and have reviewed the Peditaswim guidelines and recommendations on my website [www.swimsmart.org](http://www.swimsmart.org) and here (**Read FAQs and details on all pages of website**). (**No floatation devices once training begins, no food or bottles 45 minutes to 1 hour before swim lessons, what is swim regression?, etc.**).

I give my explicit consent for my child, \_\_\_\_\_, to participate in this program. I agree they are in good health and physical condition, and are not suffering from any condition that would prohibit or prevent my child from safely or effectively participating in swim lesson or aquatic activities.

**Guardian/Parent/Legally Authorized Party Print, Sign, & Date:**

X \_\_\_\_\_

**I agree / disagree (CIRCLE ONE)** to the taking or use of images and/or videos during swim lessons for Under the Sea Survival Swim, LLC's use for future promotions including but not limited to social media sites, website, marketing material (flyers, index cards, other business material).

**Guardian/Parent/Legally Authorized Party Print, Sign, & Date:**

X \_\_\_\_\_

## **Policy on Reschedules, & Weather**

**\*\*Please inform (me) your instructor right away if you won't make a scheduled lesson. I understand that short notice happens. I do try to be as flexible as possible. We have limited scheduling opportunities due to my being a public school teacher and my being the only WaterSmart FL teacher in St Lucie County.**

I will do my best to re-schedule/make up (1) swim due to client need. **NO REFUNDS will be offered regardless of attendance**, if client is a cancel, no-show or the lesson cannot be made up or all make-ups have been exhausted. *Initial Here* X \_\_\_\_\_

***TIMING:*** If you are too early it creates parking issues, so don't pull in until 4-5 MINUTES BEFORE your scheduled time please... ***but if you're too late (short lessons remember!) I cannot see your little one unless you clear it with me first, as it affects everyone after you.***

Unfortunately, because of pool work, I may not always be able to reply to you immediately. You can leave a message at 772-834-7464 or text and I will acknowledge you as soon as I can.

Please provide your name, your child's name and the information regarding your situation should you choose this method of contact!

***Illness:*** For the safety of our students and so that I can be there for you all, children must be fever/symptom free (without medication) for at least 24 hours before returning to lessons. **If your child is not fever/symptom free upon returning to lessons, I will not resume lessons. I will maintain discretion regarding this if your child returns showing symptoms, and we can discuss together to determine if your child is well enough for lessons to occur.** Please understand that the safety of all our students and instructors is of utmost importance.

If your child contracts any communicable disease (chicken pox, hand foot mouth, measles, etc.) you must notify me (UTSSS owner) immediately. You must also provide a written note from your pediatrician to resume lessons, advising that the child is safe to return to their normal routine.

**Lightning and afternoon storms** are commonly occurring factors in South Florida, particularly during the Summer season. I use a lightning alert system that advises on closeness of impending storms and lightning strikes in proximity to the training location. If there is an alert that there are strikes within a 10 mile radius, I will clear the pool until there are none for at least 30 minutes at which point I will resume lessons if the schedule allows. If your lesson falls within the "Lightning Cancellation Zone" in the schedule, I will do my best to accommodate you if there is a later opening after the storm passes (if it passes). No refund will be provided. Initial Here X\_\_\_\_\_

I have read and understand the Fee Schedule, refund policy, weather and reschedule policy, and understand that no refunds are provided for sick children whose classes are paid for. Initial Here X\_\_\_\_\_

\*\*\*Like a daycare/child care center, I expect attendance and cannot fill your spot at the last minute. If you choose to take time off I will not hold your spot, unless paid for. Payment is required whether attending or not, to hold the time-slots if you are a paying client (this does not apply to voucher clients)\*\*\*

**VACATION POLICY:** PLEASE PLAN YOUR VACATIONS BEFORE OR AFTER SWIM LESSONS.

IF YOU BOOK A TIME SLOT BUT DO NOT PAY, I WILL BE FORCED TO GIVE YOUR SPOT AWAY TO ANOTHER PAYING CLIENT IN YOUR ABSENCE AS I CANNOT HOLD AN UNPAID SPOT AWAITING YOUR RETURN A WEEK OR TWO OUT (OR MORE).

I RELY ON EVERY CLIENT'S ATTENDANCE TO THRIVE AS A COMPANY AND ALL BOOKINGS ARE FIRST COME FIRST SERVE. ALL CLASSES MUST BE PAID FOR THE DAY BEFORE THE WEEK OF CLASS START IN ORDER TO HOLD YOUR SPOT.

NO REFUNDS WILL BE OFFERED SHOULD YOU TAKE DAYS OFF. Initial Here X\_\_\_\_\_

Guardian/Parent/Legally Authorized Party Print, Sign, & Date:

X\_\_\_\_\_

### **Miscellaneous Important Requirements**

Children who are not potty trained currently or have not been potty trained for longer than 6 months must wear both disposable and reusable swim diapers in my pool. If both are not on at time of lesson, the lesson will be unable to occur. **No exceptions.** This is a safety and health measure for all who access the facility. (Ask me, I MAY have some new, reusable swim diapers that you can buy for babies from me on site- \$8)

***If you notice that your child has or has had an accident in the pool and it is contained in the swim diaper, upon you realizing this please notify me immediately so that I can take appropriate caution and measures to manage the incoming clients and pool.***

**Note:** Swim diapers must fit appropriately. **There is a “Two Finger Rule” for swim diapers:** If you can put more than two fingers between the leg of the child and the diaper it is not a proper fit. It must be snug.

\*Please try to go potty before arrival. There is a Cabana bathroom on site just in case though!

***- Please maintain that if you bring other children, that they are with you at ALL times and are supervised and seated with you for safety. No running, playing, or wandering is allowed. Lessons are short and you will be out in no time! Be patient and remember, safety first! Distractions can be challenging for some little ones also.***

***- No outside food or drink on the pool deck or patio please!*** I do have complimentary drinks available for kids and visitors however I ask that all trash make it to the recycle or trash bin on the patio.

- Remove all band aids or bandage before lessons.

- Throw all diapers in a small plastic bag before throwing them into the trash bin near the changing table. Plastic bags will be made available for your convenience. 😊

- There is a tall-trash can and a short recycle bin - please use them.

***- There is a changing table/area available. Please do not use furniture or other areas for changing.***

***- Please accompany children into the bathroom if they must enter the home. It is my private residence, I ask that movement be restricted to the Cabana bathroom and nothing further.***

- Please have any long hair tied back in advance of the visit or use a swim cap.

## **Parking Information - If On Site**

Please note that there is limited parking, and we request that you only arrive no more than 4~5 minutes prior to your lesson to prepare.

We request that at the end of your lesson you change your child in a timely manner to free up parking for the next client.

Parking is available on the driveway. **IF YOU NEED TO PARK IN MY SWALE BY THE MAILBOX GO AHEAD, JUST DO NOT BLOCK ANY DRIVEWAYS OR THE TRAFFIC FLOW IN THE STREET**

**PLEASE! DO NOT PARK DIRECTLY ACROSS FROM MY NEIGHBORS DRIVEWAY ACROSS THE STREET! THEY CANT GET IN OR OUT!**

**PARK IN MY DRIVEWAY IF YOU HAVE THE OPTION; WE ASK THAT YOU PLEASE PARK BEHIND THE WHITE KIA SUV OR COVERED SPORTS CAR TO PREVENT BLOCKING IN ANOTHER CLIENT WHO MAY BE ABOUT TO LEAVE.**

### **Waiver/Release of Liability**

I, \_\_\_\_\_ the parent/guardian or legally authorized agent or representative executing this on behalf of the minor child being enrolled for swim lessons, understand that swimming is or can be a hazardous activity. I recognize that there are risks inherent to the sport of swimming, including but not limited to paralyzing injuries and/or death. **INITIAL X**\_\_\_\_\_

The participant/parent/guardian/legally authorized agent or representative executing these documents hereby agrees to participate in the program and hereby agrees to indemnify and hold harmless Under the Sea Survival Swim, LLC / Ana Maria Johnson (Owner) against any liability resulting from any injury that may occur to the participant while or as a result of participating in swim lessons. **INITIAL X**\_\_\_\_\_

The participant/parent/guardian/legally authorized agent or representative executing these documents hereby agrees to indemnify and hold harmless Under the Sea Survival Swim, LLC / Ana Maria Johnson (Owner) against any liability for any damages incurred, arising from claims, demand, actions, or cause of action by the participant or any visitors present with said participant during lessons. **INITIAL X**\_\_\_\_\_

The participant/parent/guardian/legally authorized agent or representative executing these documents hereby agrees to have participant or any party present on behalf of the participant during lessons treated in the event there is a medical emergency or need during their visit to the business location and their participation in the swim program agreed to and signed for herein. (I.e. - scrapes, falls, minor injuries, first aid, CPR, and any other preliminary services prior to the arrival of 9-1-1 unless a DNR order is obvious and present if there is ever a need). **INITIAL X**\_\_\_\_\_

Furthermore, the participant/parent/guardian/legally authorized agent or representative executing these documents hereby agrees to assume all costs if any are associated with medical care, transport, or related expenses and will indemnify Under the Sea Survival Swim, LLC / Ana Maria Johnson (Owner) of any responsibility of any billing or associated costs resulting from any services rendered as a result of any medical treatment or transport rendered at or from this business location. **INITIAL X**\_\_\_\_\_

I have been completely honest and clear and have noted any and all necessary medical/health information or problems that may affect the care, health, and/or instruction of the registered client/student.

**INITIAL X**\_\_\_\_\_

**Guardian/Parent/Legally Authorized Party Print, Sign, & Date:**

**X**\_\_\_\_\_

**\*\*Rates and scheduling:**

Due to an overwhelming number of Department of Health, WaterSmart FL students and a limited number of spaces, I am providing spots and lessons for clients who are pre-existing/established, clients from WaterSmart FL, and their siblings only at this time, unless I have already spoken with you and committed otherwise.

Cash/Zelle rate for swim rate is \$25 per lesson, or per 15 minutes (15min intervals, unless agreed upon otherwise in advance).

Credit/Debit on invoice for swim is \$30 due to fees. If Zelle or cash is used the \$25 remains as-is.

\*pre-existing clients only\* Maintenance and refresher lessons are \$20 for 15 minutes and \$40 for 30 minutes if scheduled as such in advance.

As a St Lucie County school district teacher, I will only be open for 6 weeks this summer. June, and 2 weeks into July approximately. This is to allow for time with my family, along with some rest and preparation for the upcoming school year. I pray this is understood.

I apologize for any inconvenience.

Please note, instructors with qualifications (PediaSwim) that are comparable within St Lucie County (who do NOT take vouchers at this time) can be found at <http://PediaSwim.com> and can be searched by zip code.



# A Final Gentle Reminder for Moms, Dads, Guardians,

## Family and Friends:

Please note, kids cry, babies cry, & it's normal for them reach to you or behave as though they are uneasy or in fear, even when they absolutely love water play. Especially during swim lessons! Some babies have separation anxiety, and some are just trying to process BIG emotions and they haven't yet learned how to regulate these. It's 100% normal for them.

However, when you are nervous they feel your anxiety and will mirror you. **This is the most important time for you to be their biggest (quiet if you can) cheerleader, right from your seat. No pacing, relax, give big smiles, thumbs up, hold onto their siblings (there is kid seating & you can bring toys or things to do), and if you would like to video or photograph their progress at any point, please ask me first so that I can showcase their skills for you!**

**This level of instruction is different than just exploration of water with toys or bubble-blowing.** I and the environment will initially be brand new to them, just like a new sitter or first day or week of pre-school. Some little ones will require an adjustment period. It usually won't take long, you'll see a difference quickly most times. I cannot speak for all little ones but 9 out of 10 I've had WONDERFUL break throughs and VERY quickly. Some just take a bit longer. It's usually the process they grow frustrated with, so we use our time wisely, we work quickly, and we make sure to keep it as positive and encouraging as possible. 10-15 minutes can be exhausting both physically and emotionally to a little body in the water, so we have to give them and ourselves some grace during this critical venture.

Now, although I truly do understand that watching a little one (especially your own) going under water, or being taught unique survival skills, in water, may be an uncomfortable experience for you, I ask that you try to remain quiet if you're bothered, or when they call you or if they cry out to you and please try to trust me to ensure their safety. I ask that you please

give this time to develop and to try not to interrupt the lesson if you can, and not to engage with the little one during this critical time unless it's positive reinforcement as mentioned above.

Do not try to dictate their behavior, correct them, or give them instructions, or to reinforce mine. This can become confusing and stressful as they won't know who to listen to and I won't be able to stop you firmly without them hearing me, or creating an uncomfortable feeling in the swim environment unnecessarily. Our connection, teacher to parent/guardian, is as important as student to teacher!

Remember, it is a short 10-15 minutes, over 4 consecutive days per week, and we must be consistent for it to work. Please come! Unless sick or there are extenuating circumstances, be there. Try to remember the reason for the water safety need(s), and your decision to pursue this avenue. It truly is a small price to pay for the end reward and life-saving skills you're gifting your child(ren).

Most of all, remember that I am not just a PediaSwim qualified water safety instructor with an emergency and public services/safety background, but also a Mommy (x3), and I promise you, that I will be working playfully, lovingly, patiently, and respectfully, to develop a rapport with your little one.

I will take the time to meet each and every child's needs, however unique.

That being stated...If you **would** like me to take extra time to develop a connection & calm your baby or child and slowly introduce water safety, before the "hard stuff", knowing we will likely add time to the regimen, regardless of expense, please let me know. The schedule is not the issue. I try to work with your budget and the child's safety in mind.

We can slow things down and I'm always willing to have this discussion for the sake of you and your family's preferences and to ease your emotional burden a bit. Many have done this and many appreciate this approach. Remember, we don't want to wait too long though! We have to reach our goal and keep baby/kiddo safe! 🙏💜

Moving on- **Timelines:** Some students may take 4 weeks or 5 weeks, some 6 weeks, others 7 or 8 weeks. Some complete swim easily but lack confidence with a roll into the float or exhibit extreme caution or concern when they reach a stage where autonomy is expected and they show regression. (Normal between the ages of about 2-4 years old). A great instructor will work through this and not push too hard and will find the root cause. Additionally, a number of factors outside of the water can be the culprit believe it or not! Go to my website and read all about it and how you can help if this were to happen. But please remember, your little may need more time to work through this and should NOT be expected to quit conversely they should not "graduate" with a traumatizing agility test in the water when they're already expressing fear or new concerns. It is workable with finesse and some rudimentary skill-work and confidence building! They're capable of more than they think they are.

Each little person will have an individual need and response to me and the training. I will always recommend maintenance/refresher lessons as spring break and summer months approach, after their "graduation", and once they are getting older, to ensure they have a solid grasp on their lifelong-safety skills. This especially goes for littles who have limited water exposure.

**Why?** Swim with young children is a use-it-or-lose-it skill. The average time it takes to recover safety/survival skills in the water is 1 week of additional training for every 4 weeks out of the water! 🤔🤔 So, maintenance once they've got it locked in, is key if they aren't swimming regularly. Ok.... **Why refresher classes or a week of refresher over spring break or summer then? Or before winter even for a regular little swimmer?** Because bad habits are often created, learned, or adopted and can become dangerous, or survival skills remain unused and children tend to develop compensation skills for breathing or catching their breath and often stop trying to float to rest or don't even try to back float after a while. In fact, sometimes, some kids are VERY effective swimmers and do quite well but might benefit from some polishing of skills and might even add something new. It just a really healthy and great idea until they grow, develop great decision-making skills,

cognitive skills, and muscles, as well as lung function and capacity to support longer swims.

Past this there are always programs locally where instruction can be given as your child grows and they can receive competitive training and stroke lessons if they are still committed and interested in gaining further swim knowledge on a more advanced level.

I look forward to working with you and your little ones, learning all about them, and helping them to grow to love the water! Thank you for taking the time to learn with me. If you would like to talk or have questions, please text or call 772-834-7464. Leave a voicemail if I am unavailable.

Until then...Happy swimming my little jelly-fish and I'll see you all soon!