



PARENT'S GUIDELINES

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MORE ABOUT OUR LESSONS

How does a lesson look like?

- Our first priority is to make sure your baby or child feels safe and comfortable in the water. Instructors use lots of toys, songs and games whilst teaching your baby or child the skills they need to start learning how to float and swim, which also builds on their cognitive development.
- Our instructors are selected due to their natural affinity with children. They are fully trained to build a relationship with the child to understand what they like and which teaching styles best suit their personality.
- The lesson is a mixture of teaching skills, having fun and learning about boundaries.
- The instructor will tailor each lesson according to how your child is feeling that day.

What types of lessons are available?

Term Package

- Our “term package” is a popular option for regular swimmers who like to keep the **consistency** in lesson attendance to **achieve better results**. They run during normal school term time.
- Lessons are booked in advance for the whole term with a **fixed day and time**. You can book as many “Term package” as you wish. Where lessons are started after the term has begun, fees will be charged on a “pro-rata” basis, but we do not accept bookings for part of a term only.
- We often receive **great feedback from parents** about how safe they felt during their pool holidays with the child around the swimming pool or at the sea. It is very common for children attending this “term package” to be in the **top**

swimming group at the school. The Lesson fee changes depending on lesson length, the type of lesson: private (1:1) or in a group setting and the location.

One-off lessons

- Our “One-off ” lesson is a single lesson booked with a fixed day and time. They are the perfect option for:
- Those who want to get a taste of our programme before making a commitment for the whole term.
- You can book as many One-off lessons as you wish!
- Those families who are not going to attend the full term due to personal circumstances, such as travelling, but still want their child to occasionally attend some lessons.
- Parents who would like to learn how to guide their children in their own individual swimming pool time.

Crash Course

- ISA Crash Courses are offered as an **intensive course** where swimmers attend at least 1 lesson per day for the duration (although we do offer the option to do One-off lesson at these times where there is availability).
- Our Crash Course is a popular option for our regular swimmers, occasional swimmers and new swimmers alike. If your child is new to lessons, a Crash Course can be a great way to introduce them to the ISA programme and set them off on their swimming adventure with a flying start.
- They are usually 4 or 5 days long and are run outside of our normal term times during the school holidays. For example, they may run during the Half Term, Easter Holidays or **upon request**. We often see accelerated progress during these short courses due to the frequent repetition throughout the week.

Children learn very effectively in short, frequent intervals. Crash Courses present a great opportunity to focus on anything your child may need to overcome in their regular lessons, such a specific skill that is taking them a little longer to learn or building confidence more quickly.

ISA Friendly Swimming Gala

- We hold an annual friendly ISA Swimming Gala. We see these as “personal development” opportunities that allow the children participating from the Intermediate and Advanced Levels the experience of swimming in a longer, deeper and cooler pool. It is about facing up to those differences in the environment, standing in front of their friends, family and the rest of the crowd and boosting their self-esteem. Galas are not a compulsory event. If you decide to participate, you will be given all the details in advance, including price.
- Galas are not included in the termly fees.

Do we need to complete all the levels of the programme?

This really depends on what skills you are looking for your child to learn.

- **ISA Beginner programme** are initially focusing on water safety.
- **ISA Intermediate programmes** are focusing on learning to move through the water.
- **ISA Advanced programme**, swimmers progress onto learning and improving traditional swimming strokes.

See the table below for a general overview of our programme.

Level	Main Outcome	Other Skills
 Beginner "Float like a Starfish"	Water Safety	<ul style="list-style-type: none"> • Building Teacher's Trust • Breath Control • ISA Key Sequence 1: Roll-back and Float
 Intermediate "Swim like a Dolphin" "Swim like a Shark"	Water Movement	<ul style="list-style-type: none"> • ISA Key Sequence 2: Kick-Float-Kick (guided) • ISA Key Sequence 3: Kick-Float-Kick (independent)
 Advanced "Swim like a Champion" (1-5)	Traditional Swimming Strokes	<ul style="list-style-type: none"> • Developing Technique • Speed • Stamina

Our Squad Level focuses on competitive swimming

When can my child progress into a 2:1 lesson?

- Lessons start on a 1:1 basis (1 instructor / 1 swimmer), with the option to continue 1:1 lessons or to move into a 2:1 lesson (1 instructor / 2 swimmers) as your child progresses.
- We find that usually children are ready for 2:1 lessons when they have reached the Intermediate Programme 2, "Swim like a Shark".
- 2:1 lessons are only offered as an option where a child is completely safe and independent in the water, there is another swimmer of a similar swimming ability, stage of emotional development and can match lesson days and times. Talk to us to explore the possibilities for this option.

What is the best option for my child, private or group lessons?

There is not a standard answer to this question if we attend that we are all individuals with a unique personality, different ways of learning, and different needs and goals. Please, read below some of the differences between group and private lessons.

Private lessons (1:1)

Great for swimmers who need **more individualised attention** or have trouble staying on task in group situations.

- **Lessons are tailored to the individual** with the attention required given to reach their full potential.
- **Technique can be corrected to the smallest detail.**
- The cost of the lessons is higher but excellent results are expected in a shorter period of time.

Group lessons (2:1 or 3:1)

- Swimmers can be **motivated** by watching their peers and trying to emulate the skills they are working on or working harder to improve.
- Swimmers can form **life-long bonds** and friendships with other students in their lessons and feel what it is like to be part of a team working towards a common goal.
- **Each individual progresses at their own pace** so some waiting time may be expected from one child to another.
- The cost of lessons is more affordable.

*Please note,

- All new swimmers who join us **not yet able to “Rollback and Float” fully clothed will begin at the Beginner Level** and work their way up through the other levels, regardless of their age.
- ISA Beginner Level lessons are always 1:1 (one swimmer / one instructor), so every minute of the lesson is active. When your child has reached the Intermediate programme 2, “Swim like a Shark” you have the option to continue on a 1:1 or 2:1 (two swimmers / one instructor) lesson.

- 2:1 lessons are only offered as an option where there is another swimmer of a similar swimming ability, stage of emotional development and can match lesson days and times.

We can teach you everywhere in the world

Would you like us to come to you?

If you have any suggestions about a potential pool available in a different city or country, please let us know so we can explore the possibility of running an intensive course there. We can set up a 10-day intensive swimming course in the mornings and afternoons or a 20-day intensive swimming course in the mornings. Please get in touch with us if you would like to propose something exciting to us.

HOW TO SUPPORT YOUR CHILD'S LEARNING

How can I support my child during their swimming journey?

A- Understand the process

- At first, your child may show some reluctance. A certain amount of crying or complaining is to be expected.
- It is a natural instinct for your child to show resistance when they are out of their comfort zone.
- Our Instructors are there to support both you and your child every step of the way. However, in most cases, once the child has got used to the lessons, they stop crying and start having fun!

B- Arrive earlier and stay longer

- Watch other children's lessons to show enthusiasm about the whole idea of learning how to have fun and be safe in the water, especially if your child is struggling to settle down.

C- Be a part of the team

- Praise your child by smiling, clapping or giving a thumbs up when they have performed a skill requested by the instructor.

D- Believe in your child.

- A positive attitude from parents/caregivers will go a long way in reassuring your child and we are confident that within a term's weekly lessons your child will have learned how to float safely in the water and you will be celebrating their amazing progress!

E- Focus on positive reinforcement

- The shower time is a great opportunity to engage with your child about the lesson and express how proud you feel about that day's achievements.
- Acknowledge any of your child's concerns but don't give them extra importance, evaluate if the teachers should be aware of those concerns to tailor the lesson according to your child's feelings and emotions. Focus on the positive!

F- Switch your point of view

- Remember children see things from a different point of view. What for you may look insignificant for them really means a lot.
- Use positive body language and an enthusiastic tone of voice.

G- Create unforgettable memories

- Film the lessons, especially when your child is having fun, sharing them at home. (*Please note: some locations may not allow filming or photography – please check the Venues section on this website for more information).
- Talk about the teachers, try to remember their names – it is written on their swimming cap- and encourage them to teach their dolls and toys to swim and float at home.

How can I follow my child's progress?

- We continually assess your child's progress throughout the term – we look at what they have achieved, are still working on and still need to learn.
- You can follow your child's progress on the Home Portal (accessible via our website).
- Once your child has mastered each stage, they will progress to the next level of the programme.
- The Instructor will advise you when your child is ready to move up to the next level. Each child will progress at their own pace.

Like and follow us on our social media platforms

- Play our videos to your child to create a familiar environment. We are on [Facebook](#), [Instagram](#) and [YouTube](#).

GETTING READY FOR THE LESSONS

What about feeding?

Before the lessons

- Please do not feed your child for at least 2 hours before their class is scheduled to begin.
- A small portion of food is recommended.
- Whole fruit, vegetables with skins and milk-based products, in particular, are not recommended as they are not easily digested and can be brought back up very easily with activity. This includes blueberries, strawberries, grapes, apples, pineapple, tangerines, celery, broccoli and other similar foods.

*Please note, this is important advice to follow as failure to do so may cause your child to vomit and could lead to the closure of the pool due to contamination concerns.

After the lessons

- We advise waiting 30 minutes before eating.
- Children over 3 years old and above in the intermediate programme upwards can eat more normally before lessons, but should still allow plenty of time **for digestion before they get in the water.**

What to wear?

Recommended

No toilet trained children

- Reusable “swim nappy” with an elastic around the legs and waist tight enough to prevent any leaks or “accidents” from contaminating the pool.

- We have “Finis” swim nappies available to purchase for £12 on our online shop. All swimmers must be ‘swim-ready’ in swimsuit, swimming cap and goggles (if attending Intermediate and Advanced Levels only).

All the other children

- All a tight fit costume that allows for easy movement and reduces drag.

No recommended

- Please ensure your child is not wearing any neoprene clothes or a wet-suit, these can assist with floating and we want your child to learn how to float by themselves.
- Bikinis or wide swim-trunks

Arriving on time

- Please arrive at least 10 minutes before the start time of your lesson.
- Allow plenty of time to get your child changed, to go to the toilet, to settle down etc.
- In case of coming late to the lesson, the instructor will offer you the remaining time of your lesson only, as most of our lessons are back to back.

Before the lesson

Recommended

- Take a shower before the lesson to give skin a quick clean before entering the pool and to help with the change in body temperature.
- Creams or lotions should only be applied at this time if medically necessary.

No recommended

In all cases:

- Please avoid your child having playtime before the lesson as the child may be very tired by the time the lesson starts.
- As we operate via third party pool rentals, we are unable to offer the option for children to play in the pool before or after their lessons.

After the lesson

Recommended

- Take a shower after the lesson to wash off the chlorine from your child's hair and body. For health and safety reasons, we can't have hair dryers at every location.
- We recommend you to check the "Location" section on this website for more information about the changing room facilities at each venue.
- Moisturise the skin, particularly if your child has any sensitivities.
- Wrap babies and toddlers in a towel from head to toe for a few minutes straight after the lessons (before showering) in order to maintain body heat.
- Little ones use lots of energy in the process of learning to swim.
- Find a calm space for your child to relax and their body to regulate.
- Dry off your child's hair using a towel and use a winter hat if necessary during the winter time.

Can children learn to swim with goggles?

We teach children to orientate themselves in the water with their eyes open. They learn to swim with and without goggles on as we don't want them to become dependent on goggles.

A truly water-confident child is one who doesn't panic when water goes in their eyes, nose or ears. Even while wearing goggles it's possible for them to let water in, so we don't want them to worry if this happens outside of lessons.

We have goggles available to purchase for £12 on our [online shop](#).

Can parents get in the water for the lessons?

- Parents are welcome to get into the water with their child to help with the 'settling in' period. We understand that some young babies, toddlers and children may need a little extra support when trying something new for the first time, especially if it takes them into the arms of a new adult and out of their comfort zone.
- Please talk to your instructor if you notice your child feels discomfort at some point before, during or after the lesson.
- We do encourage parents to get into the water with us at least once before going on holiday or taking your child swimming outside of lessons so that you can be taught the best way to support your child's learning in the water. You can book as many "One-off" lessons as you wish via your "Home Portal", for current swimmers or the "Book a lesson" page for new swimmers on our Website.

What should I do if my child is poorly?

If your child just has a bit of a cold then it's still okay for them to come to their lesson.

However, If your child has any of the following, they should not: more serious illnesses, including ear infections, vomiting or diarrhoea, or a temperature. For sickness and diarrhoea, please do not return to the pool until 72 hours after symptoms have passed.

Please always make sure that your child has **their symptoms looked at by a doctor**.

FREQUENTLY ASKED QUESTIONS

Can I take photos or videos?

To protect the privacy of other students or pool users, taking photographs or videos during the lessons may not be allowed in some locations.

How can I keep up to date with what's going on?

- We love having our customers updated with what's going on in our academy. We usually send at least one newsletter per term where we highlight improvements, new teachers, swimmer's successful stories, promotions and more.
- We have also a closed Facebook ISA Parents group where you can join us as a reinforce to get our communications. Please click on the following link if you would like to join us now [Facebook group](#).
- For no customers we recommend you to follow our Social Media where you can find the latest videos, pictures, testimonials and much more.

My child was attending a different programme

- Most of our swimmers were attending different programmes before. We are well known for our ability to teach children to be safe in the water and to learn traditional swimming strokes in a short period of time, which means that we can quickly recognise the level of your child's swimming abilities and tailor the lessons accordingly.
- *Please note, we use different teaching methods than the mainstream programmes so if your child has been attending different lessons, they may take

a little bit longer to learn because our first step, in this case, is to reset their old habits into the new ones.

HOW IS WATER SAFETY TAUGHT IN ISA LESSONS?

What is a Water Safety Check-out?

- It is the Main Outcome of the Beginner Programme “Float like a Starfish”.
- Towards the end of every term, all children are asked to bring some clothes and shoes to swim in (or even a fancy dress costume if they feel like adding some extra fun) to take part in a ‘water safety check-out’ fully clothed.

Why is this exercise so important?

- This provides them with the opportunity to practice their water safety skills and experience how it feels to navigate their way in the water to ‘rollback-and-float’ into a resting and breathing position with the added weight of shoes and clothing.
- This experience is good practice in the event of a potential real-life situation and builds confidence and resilience as children learn that they are able to stay afloat, rest, relax and breathe in any depth of water.
- It also highlights any areas that the instructor needs to work on in future lessons.

When is my child ready to get this experience?

- Our experienced instructors will adapt the exercise to your child’s level and individual needs.
- Whether your child has attended just a few lessons with us, or if they are attending our Intermediate or Advanced level, we would love to provide them with the experience of swimming fully clothed.

- If your child isn't yet ready to participate in the Water Safety Check-Out, they will have their regular lesson with the experience of swimming fully clothed.
- You will be amazed how quickly all of our swimmers learn ISA's key sequences and start moving safely, confidently and independently in the water!

What are the ISA's key sequences? And why are they so important?

There are three ISA's Key Sequences that form the core of our Beginner and Intermediate programmes: Rollback-and-Float, Kick-Float-Kick (Guided) and Kick-Float-Kick (Independent).

"ISA's key Sequences form the foundation on which your child learns to become a safe, confident and independent swimmer".

Rollback-and-Float

- This sequence is the main outcome of our Beginner Programme "Float like a Starfish".
- Teaches your child how to navigate themselves into a safe back-floating position from anywhere in the water. This means that if there were an accidental fall into a swimming pool (for example) your child would instinctively know how to move themselves into a floating position where they can rest, breathe and wait for help.
- We regularly use this 'safe resting position' with your child throughout all of the programme levels.
- Towards the end of every term, all children are asked to bring some clothes and shoes to swim in (or even a fancy dress costume if they feel like adding some extra fun). We like to call this our Fun Water Safety Check-Out.

Kick-Float-Kick (Guided)

- This sequence is the main outcome of our Intermediate 1 Programme “Swim like a Dolphin”.
- Is added onto the rollback-and-float sequence once this first sequence has been mastered.
- Your child learns how to swim through the water face-down, using their kicking action and, with the instructor’s guidance, pauses to rollback-and-float, take a breath and rest on their back before turning over and moving through the water using their kicking action again.

Kick-Float-Kick (Independent)

- This sequence is the main outcome of our Intermediate 2 Programme “Swim like a Shark”.
- Is mastered once the instructor no longer needs to give guidance to your child, meaning that they are now in control of their own rest and breathing and can swim longer distances, building on strength and stamina.

How old does my child need to be to start learning to be safe in the water?

- As young as 3 months old, we have taught babies to float independently in the water.
- As young as 4 months, we have taught babies to complete the ISA’s key Sequence “Rollback-and-Float”. Most of the babies are able to perform this skill once they are strong enough to be able to roll over by themselves on land.
- From around 1 year old, when toddlers start to walk on land, they can learn the ISA’s Key Sequence Kick-Float-Kick (Guided). Guided jumps and diversions can be introduced.
- From 2-3 years old, children can learn the ISA’s Key Sequence Kick-Float-Kick (Independent). Independent jumps and diversions are taught.

- From 3-5 years old, or when the child is physically strong enough, they can learn traditional swimming strokes.

Why are armbands or floats not used in ISA lessons?

- Armbands and floats do not provide children with the correct body alignment in the water and can give a false sense of security.
- We will teach your child all about the importance of being horizontal in the water from their very first lesson. This is the safest position for them to be in.
- We teach your child to float safely and independently on their back so that they can find a resting place to breathe – in any depth of water – equipping them with the best skills possible to learn how to swim.

Will my child be drown-proof?

No human being can ever be drown-proof and children should never be left alone in and/or around a body of water. However, people who possess basic water safety and swimming skills have a better opportunity to “rollback-and-float” into a resting and breathing floating position in any depth of water and wait for help.

