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# INFANT SWIMMING RESOURCE

**Coming Soon to Granite Falls!**

January 5th, 2015



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## Introducing Infant Swimming Resource

**Member Pricing: \$75 (per week) Non-member Pricing: \$90 (per week)**

ISR Self-Rescue seeks to protect children against drowning through aquatic survival training, teaching children from 6 months to 6 years of age how to survive if they were to reach water alone.

ISR's Self-Rescue survival swimming program is a 4-6 week course, scheduled 5 days per week, Monday through Friday, for 10 minutes each day. With a focus on safe, customized, one-on-one lessons taught by Lauren Rene a certified instructor, ISR's lessons emphasize health, ongoing program evaluations and parent education. All lessons take place between the hours of 7am - 9am, giving us three full 6 week sessions before summer starts!

- **Lessons for infants 6-12 months old** focus on teaching the child to roll onto their back to float, rest and breathe, and to be able to maintain this life-saving position until help arrives.
- **Lessons for children 1-6 years old** focus on teaching the swim-float-swim survival sequence. Children learn to swim with their head down; roll onto their back to float, rest, and breathe; and roll back over to resume swimming until they reach the side of the pool, where they can either crawl out or wait to be rescued. Once the children are fully skilled, they will practice ISR's survival techniques fully clothed during lessons.

**If you are interested in participating in ISR's swimming program please follow these steps:**

1. Contact Lauren Rene at 919-482-2785 or [l.rene@infantswim.com](mailto:l.rene@infantswim.com) to register online with ISR National, for a lifetime registration fee of \$105.
2. After registering with ISR National, schedule your 10 minute time block for the next 4-6 weeks at Granite Falls. Contact the Swim Lesson Coordinator at 919-562-8895 or [grouplessons@granitefallsclub.com](mailto:grouplessons@granitefallsclub.com).
3. Once scheduled into lessons, the Swim Lesson Coordinator will send you a copy of the policies and procedures and more detailed information about the program.
4. Full payment is due every week on Monday before the start of the first lesson. Arrive 15 minutes early to make payment and allow for preparation time prior to the start of the lesson.

**For more information please contact:**

Blair Crosscup, Aquatics Director at 919-562-8895 or [blair@granitefallsclub.com](mailto:blair@granitefallsclub.com)  
Lauren Rene, Certified ISR Instructor at 919-482-2785 or [l.rene@infantswim.com](mailto:l.rene@infantswim.com)

**Sign up today to secure your spot. Space is limited!**