



ORIENTATION GUIDE

We would like THANK you for bringing your child to Powers Swimming and allowing us the privilege of teaching safety, comfort, advanced swimming skills and fun. **Please Print, Sign, and Bring copy to 1st lesson.**

Please bring the following to your child's first lesson:

- Swimsuit already on under clothes
- Towel
- A jacket, sometimes the wind can be chilly
- Sunscreen
- Water

Location: To be determined by instructor/parents

Cancellation Policy:

Lessons will be taught if it's raining but not if thunder and lightning. We will try our best to reach you if lessons are cancelled. *We allow 1 rescheduling lesson within each package. If you or student is sick, please contact us as soon as possible. 24 notice required. If you are late to lesson time, you are charged for this time. If you cancel last minute, you are charged for the lesson time.*

Parent Attitude:

We will teach the in-water skills. You will teach the attitude toward the lessons. Your child will be proud of her work she senses that you are proud of her and have confidence in her abilities. Big smiles and cheering are great and positive feedback. We might ask you to jump in the water with us occasionally. We love to be a team with your family so having a parent poolside is preferred. But on occasion some kids do better with the parents out of sight for at least the beginning weeks to build a bond with us get to know us.

Swimming with your child:

We will give you tips and recommendation on how to swim with your child in the water.

Floats/Tubes and Noodles:

Only sit in tubes. Use noodles as a horse. Practice falling off a float. When a child plays with floats, tube, and noodles toys in the pool while their head is up swimming; it will cause improper posture in the water. Also, additional lessons may be needed to correct. Ask your instructor for more details.

Food:

Avoid milk product at least 1 hour prior to lesson. Your instructor will provide more details at 1st lesson.

Payment: you can pay for additional packages via Zelle to 561-596-5199, Venmo (see code at end of sheet) check, cash, or online. If a check is returned = fee is \$50.

Social Media: Please like Powers Swimming on Facebook and Instagram. We keep you updated on safety tips.

Boat:

If you own a boat, we can provide information on the life jackets. We can swim with them in the water. Some life jackets have floatation with your face in water. Yikes.

Completion of Program:

We love to see our swimmer at least once a month after completing lessons. This keeps their skills sharp in the water. We offer snorkeling lessons and snorkeling trips and scuba lessons as they get older. ☺

Thank you again for choosing Powers Swimming for your lessons. We look forward to working with you and your family, and we hope that you will be as amazed by our program as we are by students on a daily basis. We love pictures of our swimmers!

Parent Signature: _____

Powers Swimming . 561-596-5199. www.powersswimming.com

Like us on Facebook /Instagram for updates: Powers Swimming

Other services at Powers Swimming:

- Water Safety Class for Adults and Children
- Survival Swimming and Floating
- Adults-Conquering fear of water
- Adults-stroke improvement
- Snorkeling Class
- CPR
- Mermaid Parties
- Mermaid Classes
- Lifeguard Services
- PADI Scuba Lessons



Sharon Powers
@Sharon-Powers-20



venmo

Scan this code to pay