



Lydia Linton Pontius
(843) 814-4575
805 Farm Quarter Road | Mount Pleasant, SC

Swim Lessons Registration

Please fill out one form per child

Parent's Name:

Child's Name:

Birth date: Age: Sex: MALE / FEMALE

Address:

City: State: Zip

Home Phone: Cell Phone:

Email:

Emergency Contact: Emergency Ph. #

Medical Waiver:

I hereby consent that there are no physical / mental reasons that my child or myself may not participate in swim lessons.

Signature of Parent/Guardian: Date:

Please list and conditions that may limit his/her/your ability to participate in any activities (*ex: hearing, vision, speech, allergies, tubes in ears, etc.*)

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMENTITY AGREEMENT

In consideration of being allowed to participate in swimming and snorkeling activities as well as the use of any of the facilities and the use of the equipment of the below is listed releases, I hereby agree as follows:

1. TO WAIVE AND RELEASE ANY AND ALL CLAIMS based upon negligence, active or passive with the exception of intentional, wanton or willful misconduct that I may have in the future against Lydia Linton Pontius.
2. By entering into this agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this agreement. I further agree that this agreement shall be governed by and interpreted in accordance with the laws of the state of South Carolina, United States of America.
3. If any provision of the release is found to be unenforceable or invalid, that provision shall be served from this contract. The remainder of this contract will then be construed as though the unenforceable provision had never been contained in this document.

I hereby declare that I am of legal age and am competent to sign this Agreement of, if not, that my parent or legal guardian shall sign on my behalf, and that my parent or legal guardian is in complete understanding and concurrence with this Agreement.

I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, AND I AGREE TO BE BOUND BY IT.

Name of participant: Signature X

Witness: Date:

General Rules of the Swim Program

All parents and/or guardians must sign a release form.

If a group class has less than three students, it may be cancelled.

The parent or guardian must be present during their child's class.

All children who are not fully potty-trained must wear a swim diaper.

Please give 24 hours notice if you are canceling a lesson, or payment will be expected.

PARENT/GUARDIAN Signature: Date:

How to make swim lessons a great experience

Learning to swim is a wonderful and very important activity for children to master. Swimming is a fun form of exercise and a great way to increase socialization opportunities. Being able to swim safely and confidently opens the door to the gift of the earth's magnificent water world! Unfortunately, learning to swim can bring on hesitations and fears that your child may not commonly express. The following tips will help you address the fears and concerns that you and/or your child may have during their swim lessons:

📌 **Get your child excited** about swim lessons. Talk to them about the water, and not just the dangers of it, but also how much fun they can have by becoming water safe, confident, and a great swimmer.

📌 **Reassure your children** constantly that they are safe with their swim instructors, and they will remain safe by listening and following directions. Also, reassure your children that the other kids in class are safe with the instructors. Every child reacts differently to swim lessons. It is important for parents to not only support their own children, but also to be supportive and patient of the others in class who may have a more difficult time.

📌 **If you are having a difficult time observing** your child work through their hesitations or fears, please remove yourself from the viewing area. Empathetic children will often act on their parent's fears and reactions during class. It is important for the safety of your child and the others in class that he/she focuses on the instructor, not you.

📌 **If your child does express fear**, talk to them about it. Ask them why it makes them afraid, and then explain why they should not be afraid. Ask them how it makes their body feel, and then talk to them about how to help calm their bodies. This is the perfect opportunity for you as a parent to discuss fear with your child and the emotions that go along with that.

📌 **Please be supportive of your child's instructor!** The instructors are trained to calmly work with each child's fears, keep them safe, and teach them how to swim. That is a big job! It is important to let the instructor do their job. If you ever have any suggestions or tricks that work well for your child, please feel free to discuss those with your instructor.

📌 **Remember:** no two instructors teach exactly the same way, that negativity is easily projected and picked up by the kids, and does little to resolve issues