



Amy Mann
Certified ISR Master Instructor
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infantswim.com

About the Instructor

My name is Amy Mann and March 2011 is the beginning of my 9th season as a Certified ISR Instructor. I am also a Registered Nurse and trained in First Aid and CPR. I also hold the designation of ISR Master Instructor which allows me to train and mentor other ISR Instructors.

- All ISR Instructors are highly educated in areas such as child psychology, physiology and behavioral science to provide the safest possible lesson for your child. ISR instructors must also go through strict annual recertification.

About the Lessons

- Every lesson for every child is individualized with just your child and the instructor in the water. ISR lessons are gentle and carried out with your child's safety as a top priority. No ISR student is ever thrown into the pool and your child will never be presented with a task that he/she cannot successfully complete. The parent or caretaker watches every lesson poolside.
- Students attend short lessons (10 minutes) every Monday-Friday (five lessons per week). **Much is learned** in this short but intense private class, and daily attendance is crucial for learning and retention of skills.
- Your child will have the same 10 minute time slot daily.
- Your child can start lessons at any time—typically on Mondays.

What Your Child Will Learn

- Children from around 6-12 months would learn survival floating—that is, rotating from a facedown position in the water to a survival float. It normally takes 3-5 weeks to accomplish that skill.
- Children from around 1 to 6 years old would learn how to swim face down using arms and legs like the crawl; roll to the same survival float; and then roll off the back to continue swimming. The skill is called a swim-float-swim and the child would continue this in the water until they reach the nearest point of safety. It normally takes 4-7 weeks to accomplish that skill set.

Pool Location

- I teach from my home in Bradenton, about 5 miles west of I-75 off of State Rd. 70. There is a map with directions on my personal website.
- My pool is heated and stays at 86-88 degrees.

Cost

- There is an ISR registration fee of **\$105.00** per child. This covers the cost of a screening procedure for physical and developmental readiness of your child, supplies, and educational programs for the general public and the medical community. The ISR National Office will also send you a welcome package containing a Parent Resource Book, ISR t-shirt, ISR demo DVD, swim diaper (if needed) and more.
- The weekly fee for all students in 2011 is **\$80.00** per child.
- Payment is due every Monday by CASH or CHECK (payable to Amy Mann) or CREDIT CARD using Paypal – you will find a link to pay for lessons on my website www.survivalswimming.com.

The ISR course length is approximate and based on individual needs and abilities. If you have any questions feel free to call me at (941)758-0123 or email me at a.mann@infantswim.com. For more detailed information about ISR please visit our National Website at www.infantswim.com or my personal website at www.survivalswimming.com.