

# Survival Swimming lessons AT THE BEACH CLUB



## PALMAS MAKE THE NEWS

As part of the "Drown Prevention" month the Palmas Beach Club offered a survival-swimming lesson for children provided by the Infant Swimming Resource (ISR) Association. Monika Candelaria from WAPA TV Channel 4, visited us to learn more about these useful lessons that saves lives. Jennifer Steininger, instructor in charge of the program, explained: "ISR's worldwide network of highly qualified, certified instructors have successfully delivered over 7 million lessons in 40 years to guarantee a child's ability to play safely in and around water because we recognize that parents need their children to feel comfortable around water."

Infant Swimming Resource's ISR Self-Rescue™ survival swimming program is a 5 to 8 weeks course, scheduled 5 days per week, Monday through Friday, for 10 minutes each day.

With a focus on safe, customized, one-on-one lessons by certified Instructors, ISR's survival swimming lessons emphasize health, ongoing program evaluations and parent education to deliver the most effective and safest results in the industry.

Lessons for a 6-12 month 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 until they can be rescued.

Once the children are fully skilled they will practice ISR's survival techniques fully clothed during lessons. It is recommended that children complete refresher lessons to help their in-water skill level grow with their physical development.

"Since Palmas is a community surrounded by water, we have to be sure that our children are safe if by accident they fall into the water. That's why we offer our Beach Club for the lessons and it's been very rewarding," said Maria Santana from the Beach Club. ▲

