



Certified ISR Instructor Hannah Pace

Infant Swimming Resource

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Hello!

Thank you for your interest in Infant Swimming Resource. Through the ISR Self-Rescue™ program children ages 6 months to 6 years can learn specialized survival skills and build a foundation for lifelong enjoyment in the water.

Included below is information about our program, including an overview of fees, as well as a little bit about me and how I became an ISR Instructor.

I would love the opportunity to learn about your family and to discuss more about the ISR program. Please feel free to contact me to discuss any questions you may have.

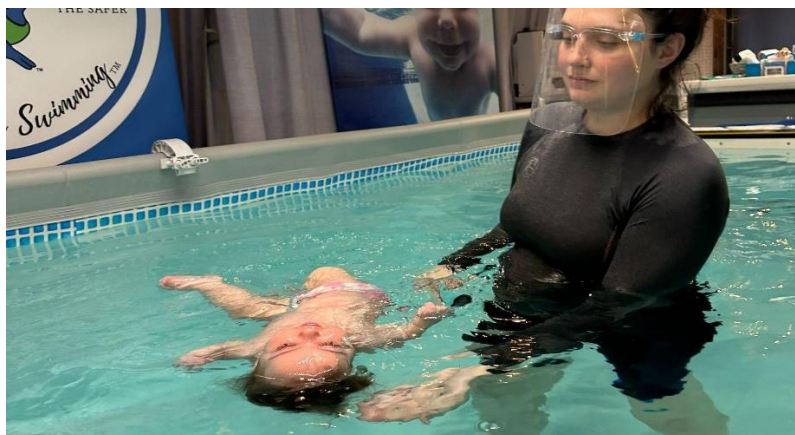
Thank you again!

Hannah Pace
ISR Instructor

ISR OVERVIEW

ISR lessons are one-on-one and customized to the developmental level of each child. Students attend lessons five days per week Monday-Friday. Your child will have their own time slot each day. Our one-on-one lesson lasts for no longer than 10 minutes per day. The duration and structure of the lesson is essential to the retention of skills. ISR-trained students are typically able to perform their skills for months after the lessons conclude, which is paramount in being able to self-rescue in case of an emergency.

Babies who can sit up unassisted (typically 6 months to 24 months old) will learn to hold their breath underwater, roll onto their back to float, rest, and breathe. These students take approximately 6-8 weeks of consecutive lessons to accomplish these roll-back skills.



Children who are 24 months to six years of age, will learn to hold their breath underwater, swim with their head down and eyes open, roll onto their back to float, rest, and breathe, and roll back over to resume swimming until they reach the side of the pool and can crawl out. These are the essential self-rescue skills. These students take approximately 6-8 weeks of consecutive lessons to accomplish these swim-float-swim skills.



Statistics show 86% of all children who drown are fully clothed at the time. As such, during the final week of lessons, while under the watchful eye of an Instructor, each student has the opportunity to practice their ISR Self-Rescue™ skills in both their summer and winter clothes.

SEE WHAT YOUR CHILD CAN LEARN:

ISR Self-Rescue™ skills can and does save lives. However, the number one defense against childhood drowning is effective supervision. Your child is not the only one who learns during lessons. Part of ISR's comprehensive program involves parental/caregiver education about specific ways you can protect your children from water hazards. ISR survival techniques are an integral part of your family's drowning prevention program.

Catherine Dudick, MD, makes an important distinction between swimming lessons, swimming ability, and survival swimming ability: *"Until about three years of age, children aren't able to do a crawl stroke. Learning self-rescue techniques can buy valuable time for very small children in the event of a water emergency."*

Watch this video to see ISR Students in action: <http://www.infantswim.com/lessons/isr-lessons.html>

WHAT FURTHER LESSONS WILL YOUR CHILD NEED?

Learning to swim is a sensorimotor skill, just like riding a bike or roller-skating. Once learned, the skill is never forgotten. However, in time your child will outgrow the body that learned the swimming skills. As your child grows, their center of gravity lowers, and they will need to learn to make different types of adjustments to be able to achieve and maintain the back float position easily. Your child will also be capable of more and more coordinated arm and leg movements while swimming. Confidence in abilities will grow as your child practices periodically with their Instructor.

After the swim-float-swim sequence has been learned and stabilized, your child should return to the ISR program every 6 to 12 months for a short refresher period. Refreshers are needed to maintain aquatic survival skills as your child grows physically, as well as cognitively. We offer once a week or bi-weekly maintenance lessons as well.

REGISTRATION FEES

Registration fees of \$105 are paid directly to ISR via the website. Each child you wish to enroll will need to be registered and pay the registration fees, as well as the deposit, to secure your spot.

LESSON PRICING

- **\$375 deposit is required to reserve your spot.** This deposit is non-refundable and covers payment for your first three weeks of lessons.
- **\$375 is due on the first day of lessons.** This payment covers the last three weeks of lessons.
- Additional lessons needed after the six weeks are \$125 per week, due at the start of each week.
- Deposit payment plans are available for large families with multiple children enrolling.
- A late fee of \$25 will be applied if payment is not received on time.
- Payments can be made in advance for the full cost of lessons, if preferred.

PAYMENT INFORMATION

- Payments can be made via **Check, Cash, or Venmo.**
- Checks should be made out to: **Hannah Pace**
- Venmo Payments can be sent to: **@hannaholiviapace**

LESSON TIMELINE

For a general idea of lesson timeline, if your child is only learning to roll-back, you can expect these skills to develop within 6 weeks. If your child is learning to accomplish the swim-float-swim routine, you can expect these skills to develop within 6-8 weeks.

About The Instructor:

With eight years of experience in emergency medical services, Hannah Pace has worked in numerous rescue situations, including as a 911 Dispatch Operator and Fire Response. In her role as a 911 dispatcher, she often took emergency calls of children drowning and later when a family friend lost her child to a drowning incident Hannah became passionate about water safety and drowning prevention.

In 2016 her own son, who was 21 months at the time, was lost near a body of water and it was that frightening situation which led her to seek survival skill options for her children. After her children completed their Infant Swim Resource Program (ISR), she felt so passionate about the teachi2a3SX4D5ACT2V3SYB4XDUNC5I T K6VOYLBngs of survival swim to children that she became an ISR Instructor.

Her emergency services background, combined with her love for children and the desire to keep them safe, brings a unique perspective to the mission of ISR ensuring "not one more child drowns" in her community. Hannah says, "Instead of being the person receiving the calls of a child drowning, I wanted to be a part of a solution to prevent those calls from ever needing to be made."



Hannah has been married for 9 years, has 4 children, and lives in the Upstate area of South Carolina.