

Transition from pool to other water venues (ocean, lake, and river)

A: Walk your child in knee deep water to get used to the irregularity of the bottom.

B: 2 adults standing at a chest level depth and have the swimmer go back and forth a distance of 6 to 8 feet.

C: First adult walks child out to a depth where they cannot touch and then swim to the second adult 6-8 feet.

D: Second adult turns child around and has the child swim to a point where the child can find the bottom and stand themselves.

You should not make comment on the salt water; they will adapt.

Water Toys:

A good rule is no toys for the new swimmer. As they advance in ability and confidence diving rings are great. No floaties, inflatable rings or goggles - just your kid.

It is a life skill to learn how to swim with your eyes open underwater. If they ever fall in the pool without goggles and will not open their eyes, they will try to feel their way out and that is when an accident can happen.

Keep them sharp on swimming without goggles by making sure they do their 10 minutes of practice (jumps, drills, etc) every time they go to the pool without goggles.

Remember, you can give your child no greater gift than a life skill....swimming is one!

Photographs and videos are permitted

MR MIKE'S 3 1/2 DAY SWIM PROGRAM

This time tested, NO-NONSENSE methodology that has been developed over 50 years will continue to provide the life skills of swimming and water safety. The same procedures that have worked with a 100% success rate will continue. Our sole objective is a dedication to the profession of saving lives.

- Discipline
- Trust
- Control
- **Manipulation**
- Credibility
- Continuity
- Practice
- Support
- Conditioned Response
- **Life Skill**

This program is worldwide in scope, by appointment and/or referral only. Contact information:

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The information that follows concerns your child's safety. It is at least as important as a medical concern. Please read, understand and keep for reference.

Be aware, accidental drowning is the number 1 child killer.

Lessons Held Daily Regardless of Weather

During lightning we exit the pool until storm passes

Water Temperature ~ 93 Degrees

All sessions will be conducted in 3 1/2 consecutive days.

Allow 30 minutes for your lessons (although through our experience, we determine when that particular class is over for the day). Under **NO** circumstances should you be concerned about the number of minutes or days, but more importantly, the quality of instruction and final results!

CONTINUITY IS THE KEY TO SUCCESS

It is helpful if the student is brought to the class by the same person each day, although if that is not possible, the end results will be the same...

PARENTS WILL PARTICIPATE IN THE POOL DURING THE LAST TWO CLASSES

IMPORTANT

**MR MIKE IS IN CONTROL OF CHILDREN
AND PARENTS. REMEMBER WE ARE
DEALING WITH A LIFE SKILL!!!!!!!**

Questions, Answers and General Information concerning swimming lessons:

Q: Do we, as parents stay for the lesson and do we get into the pool?

A: Yes, parental involvement in the pool takes place during sessions 6 and 7. This activity will transfer the power from Mr Mike to the parents.

Q: What does my child need to bring for swim lessons?

A: A swimsuit and a towel is all that is needed. NO FLOTATION DEVICES as they create bad habits. These devices cause the child to be positioned vertically in the water leading to his/her face to remain out of the water.
Please do not send goggles or masks

Q: What if my child cries?

A: Relax and understand that almost 100% cry initially. It will stop after session 2 or 3. Children use crying as a manipulation in every aspect of their early years.

Q: Will my child learn to swim?

A: Without a question, YES! Most beginners will be swimming after 3 sessions. DO NOT compare your child's ability with other children.

Q: What makes Mr Mike's method work?

A: MR MIKE uses a no-nonsense approach that has been time tested for over 50 years, and over 100,000 students. **REMEMBER MR MIKE IS IN CONTROL OF ALL ASPECTS OF THE LEARNING EXPERIENCE FOR BOTH THE STUDENTS AND PARENTS.**

Q: When do I pay? What does it cost?

A: TUITION FOR THE 7 SESSION SWIM PROGRAM: \$675 PER STUDENT, PAYABLE THE FIRST DAY. PLEASE PUT YOUR CHILD'S NAME ON THE CHECK AND MAKE CHECK PAYABLE TO MR MIKE SWIM.

Q: WHAT IF MY CHILD CRIES AND SAYS THAT HE/SHE DOESN'T WANT TO SWIM.

A: FIRST, DO NOT ASK YOUR CHILD TO MAKE THAT TYPE OF CHOICE. YOU, AS THE PARENT/GUARDIAN KNOW WHAT IS BEST (YOU DON'T ASK IF THEY WANT TO GO TO THE DOCTOR, SCHOOL ETC.)

SWIMMING IS A LIFE SKILL AND A VERY NECESSARY ONE, TO SAY THE LEAST.

Parental Tips

Understand that **ALL CHILDREN MANIPULATE** those who are in control. You as a parent are on duty 24 hours a day and there are gaps in your continuity of parenting. Since Mr Mike has your children for 30 minutes, he will pay no attention to the manipulative noise (crying). Saving one's life demands an immediate action which is developed as a **CONDITIONED RESPONSE**. The no nonsense method of instruction is time tested. It works! Watch and enjoy your child learn a **LIFE SKILL!** A child's daily routine relies on maintaining **CONTROL** though manipulation. **IMPORTANT ALL CHILDREN, AS PART OF THEIR NATURAL GROWTH PATTERN, PHYSICAL AS WELL AS MENTAL, SEEK CONTROL. FOR THIS, THE CHILD WILL VOCALLY TRY AND GET THE BALL IN THEIR COURT. THIS TRAIT HAS BEEN OBSERVED 100% OF THE TIME WITH OUR STUDENTS. ANOTHER COMMONALITY IS THE YOUNG PERSON'S COMFORT. DISCIPLINE IS ACCOMPLISHED MUCH EASIER WITH DAILY CONTINUITY WITHIN THE FAMILY STRUCTURE. TOO MANY CHOICES CONFUSE MOST CHILDREN. MAKE THEIR LIFE, AS WELL AS YOUR LIFE, SIMPLE BY BEING CONSISTENT AND UNDERSTANDING. IT WILL HELP YOUR CHILD PROGRESS IN TH EARLY YEARS AS WELL AS MAKING PARENTING EASIER.**

AVOID THE USE OF THE WORD OK AFTER YOU MAKE YOU R STATEMENT. OK TAKES AWAY FROM YOUR ROLE AS A PARENT AND GIVES THE CHILD THE CHANCE TO SAY NO.

Statement

Look happy (even though you may be uneasy). Your feelings are transfered to your child. If you appear happy, your child will acclimate to the activity. When parenting, eye contact is essential. When making eye contact **DO NOT USE SUNGLASSES. NO FRAGMENTING OF THE LESSON SCHEDULE IS PERMITTED. ALL CHILDREN WILL SWIM ON OR BEFORE THE THIRD LESSON. THE REMAINING DAYS OF THE SESSION SCHEDULE BUILD CONFIDENCE.**

After the swim lessons the following suggestions have proven extremely valuable in the on-going education of the new swimmer.

A comment which is consistent with all aspects of our philosophy of water instruction and parenting is to

TELL DON'T ASK !!!

MAKE SWIMMING A FUN AND RECREATIONAL ACTIVITY.

REMIND YOUR CHILD THAT THE SIDES AND THE STEPS ARE ALWAYS THERE.

POINT OUT DIFFERENCES FROM OTHER POOLS. BE CONSISTENT IN ALL AREAS OF PARENTING. AS PARENTS, BE ON THE SAME PAGE WHEN INSTRUCTING AND DISCIPLINING.

Problem: child won't swim. BE IN CHARGE and follow steps listed below.

1. Have child sit on steps
2. Tell the child to "swim to me (Mom \ Dad) "
3. After the second command, take the child's hand and pull forward off the steps.
4. Immediately release the child's hand and take two steps to the rear. Child swims instinctively the short distance to parent.

Use of Arms

The use of arms to aid a young (under three years of age) swimmer is minimal at best. The child's legs are what provide the forward movement. Since the child is on his/her feet, the muscles are more developed at this stage. The arms become a factor as a general rule about 3 1/2 years of age. The first arm movement is termed "dog paddle". The next progression of learning is "breast stroke" (circle with the arms). A crawl or "big arm stroke" is the logical next step.

BREATHING

DO NOT PUSH A NEW SWIMMER TO GET A BREATH. THE BREATHING POSITION IS MORE OR LESS VERTICAL AND THE CHILD IS NOT A WATER TREADER DUE TO THE LACK OF BODY STRENGTH AND THE HORIZONTAL SWIMMING POSITION IS WHAT SAVES A LIFE. AS THE NEW SWIMMER GETS MORE STRENGTH, AND CONFIDENCE, BREATHING WILL TAKE CARE OF ITSELF. VERY IMPORTANT!

MORE PARENTING.....Avoid empowering your children. You have the experience to be in charge. TELL DON'T ASK! They will thank you.

Pool Safety (VERY IMPORTANT)

Make the new swimmer aware of the difference of each swimming venue. The sides of the pool that are unreachable. Location of the steps, and ladders. Use and misuse of the slides and diving boards. The variables that help determine a "safe" pool for your child:

1. Height of the pool water
2. Distance from the top of the water to the top of the deck.
3. Length of the child's arm.

A CHILD WHO CANNOT REACH THE SIDE IS NOT SAFE NO MATTER HOW GOOD A SWIMMER

When and How to Help

Needless to say, help when necessary, but calmly - don't panic and be reassuring at all times. Furthermore, often children, when first swimming with a parent will, when directed to swim to the side/steps, make a u-turn back to the adult. In spite of the desire to pick up (or rescue) the swimmer, redirect the child back to the original destination. This is done by using your hand on the back of their head while still under water until they have reached the safety of the steps or side. They will not remember the redirection, but they would remember the rescue and come to expect it. In an accident (child falls into the pool with no supervision) the most important factor is the immediate instinctive mode of survival not waiting for a rescue from Mom or Dad, that would result in a tragic ending.