

Welcome

Blessing

We come to swim lessons from many places
True emotions hidden on smiling faces.
Circumstances that bring us have quite a range
From recreation to tragedy to hope for change.

For all who come to swim with CAST
We welcome you, but caution this isn't fast.
Each family has its own story, path and pace
This is a community and not a race.
As you enter this journey please keep in mind
to yourself and others be patient and kind.
Drowning prevention is not a competitive sport.

Thank you for believing in us!





Please, don't be a party pooper!

If your child requires a swim diaper, we require **TWO reusable swim diapers**, worn together at the same time, every day.

Poop that escapes a diaper means nobody else can swim that day!





Routines Matter!

AT CAST WE PRACTICE SAFE ROUTINES!



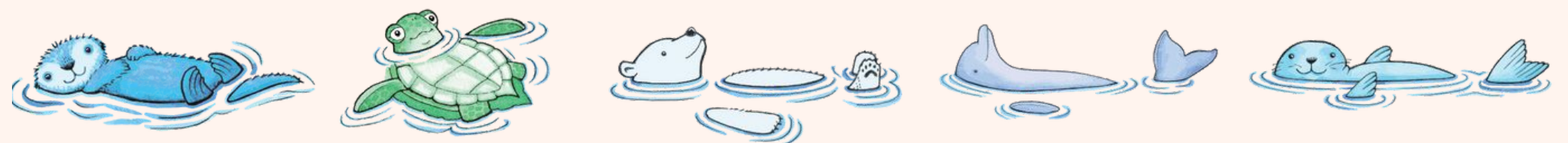
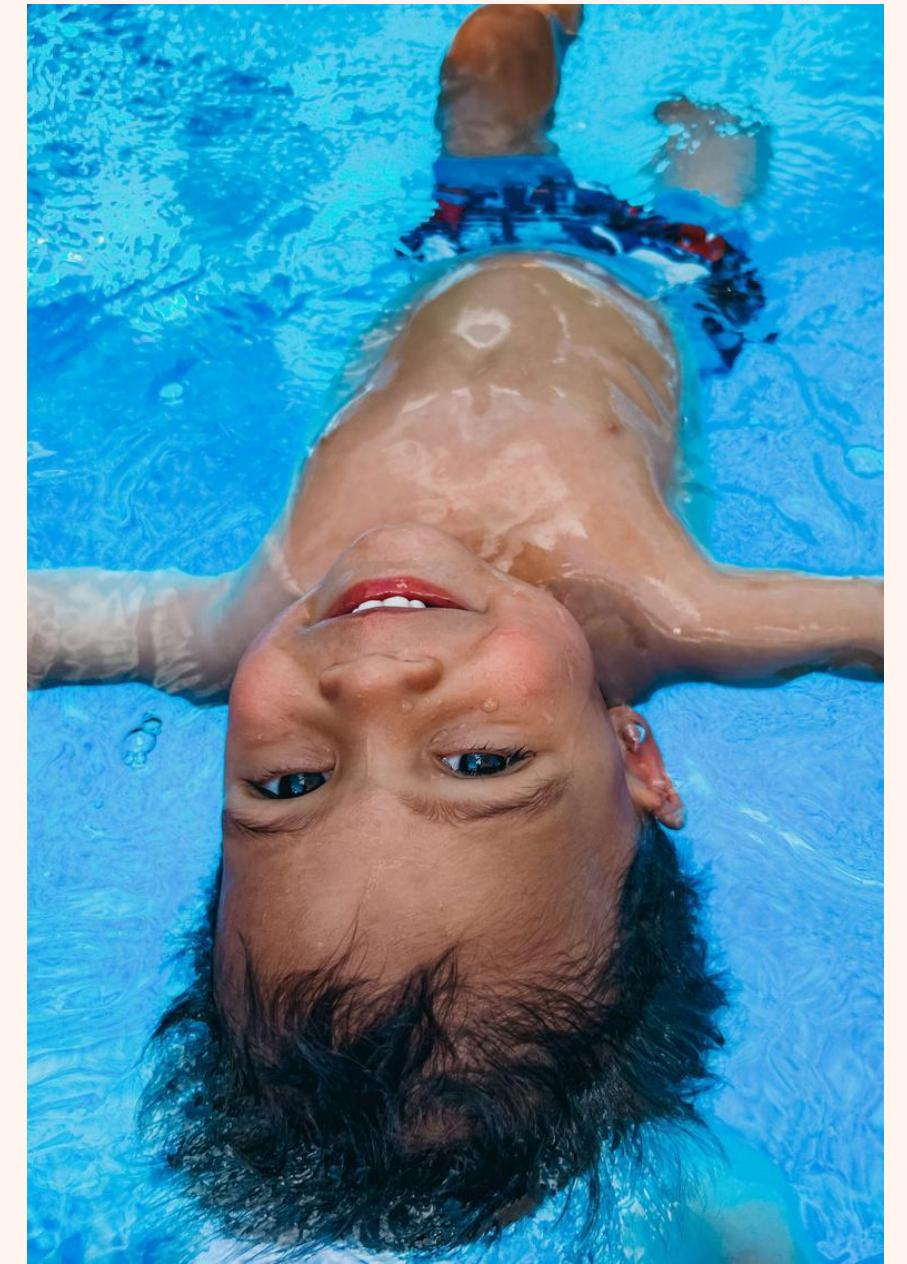
Please ensure your child sits beside you, away from the water's edge, before and after lessons.

Your instructor will invite them to come into the pool when it is officially their turn to swim.

Your courage to **SAVE A LIFE!** share could...

Please consider sharing a photo of your child in lessons on your Instagram, Facebook, or via email/text to friends and family.

Tag @castinghope_ or send friends & family to CAST's website!





Pool Safety Tip!



Adult supervision is key to keeping your children safe around water!

Designate a water guardian to have eyes on the water and children at all times.

Pool Safety Tip!



CREATE A ROUTINE
FOR ENTERING THE
POOL AREA & WATER
TOGETHER.



Pool Safety Tip!



REMOVE ALL TOYS
FROM the pool and
pool Area when swim
time is over.





Pool Safety Tip!

**BE IN THE WATER
WITH YOUR CHILD,
AND ALWAYS STAY
WITHIN ARMS' REACH!**





Pool Safety Tip!

KEEP YOUR CHILD'S
ARMS FREE (TO FLOAT)
BY USING A HOODED
PONCHO TOWEL OR
ROBE!





Water Safety Tip!



Choose water tables, sprinklers, splash pads or slip'n slides when non-swimmers outnumber adults, or when you cannot be in the pool with your child.



Pool Safety Tip!

Posting on social media
might only take a
minute, but a child can
drown in half that time.
**Your swim photos can
wait!**





Pool Safety Tip!

**IF YOUR CHILD IS
MISSING, CHECK THE
WATER FIRST!**





Pool Safety Tip!



FLOATERS NOT FLOATIES!

These devices are designed to keep your child afloat in an emergency. **They are not coast guard approved for use in a pool or as a learn to swim device.**

Do not use these for play time in the pool!



Water Safety Tip!



WEAR

BRIGHT

TO STAY IN SIGHT!



Start Creating Safer Water Routines **HERE!**



Teach your child(ren) to ask
YOU if they can swim **BEFORE**
they get in the water with
their instructor.
Form this habit now and bring
it with you to any pool or swim
situation!



Planning a poolside or beach vacation?

- If you are staying at a rental home, call and inquire about **locks & alarms** on house doors and find out what protection is in place around the pool.
- If you will be visiting a beach, bring an up to date **photo of your child(ren)** in their swimsuit, in case they get lost.
- Always wear **life jackets for boating** activities & swimming or playing in treacherous open water.
- Parents, don't forget to **pack your swimsuit** so you can be in the water with your children!





What's Next? Under 2 years old...



WE RECOMMEND THAT CHILDREN
CONTINUE SELF-RESCUE LESSONS
WITH MAINTENANCE AND/OR
REFRESHER COURSES AT THIS AGE.
PLEASE BE SURE TO CONSULT WITH YOUR
INSTRUCTOR ABOUT THE
RECOMMENDED TIMING & FREQUENCY
OF THESE LESSONS.

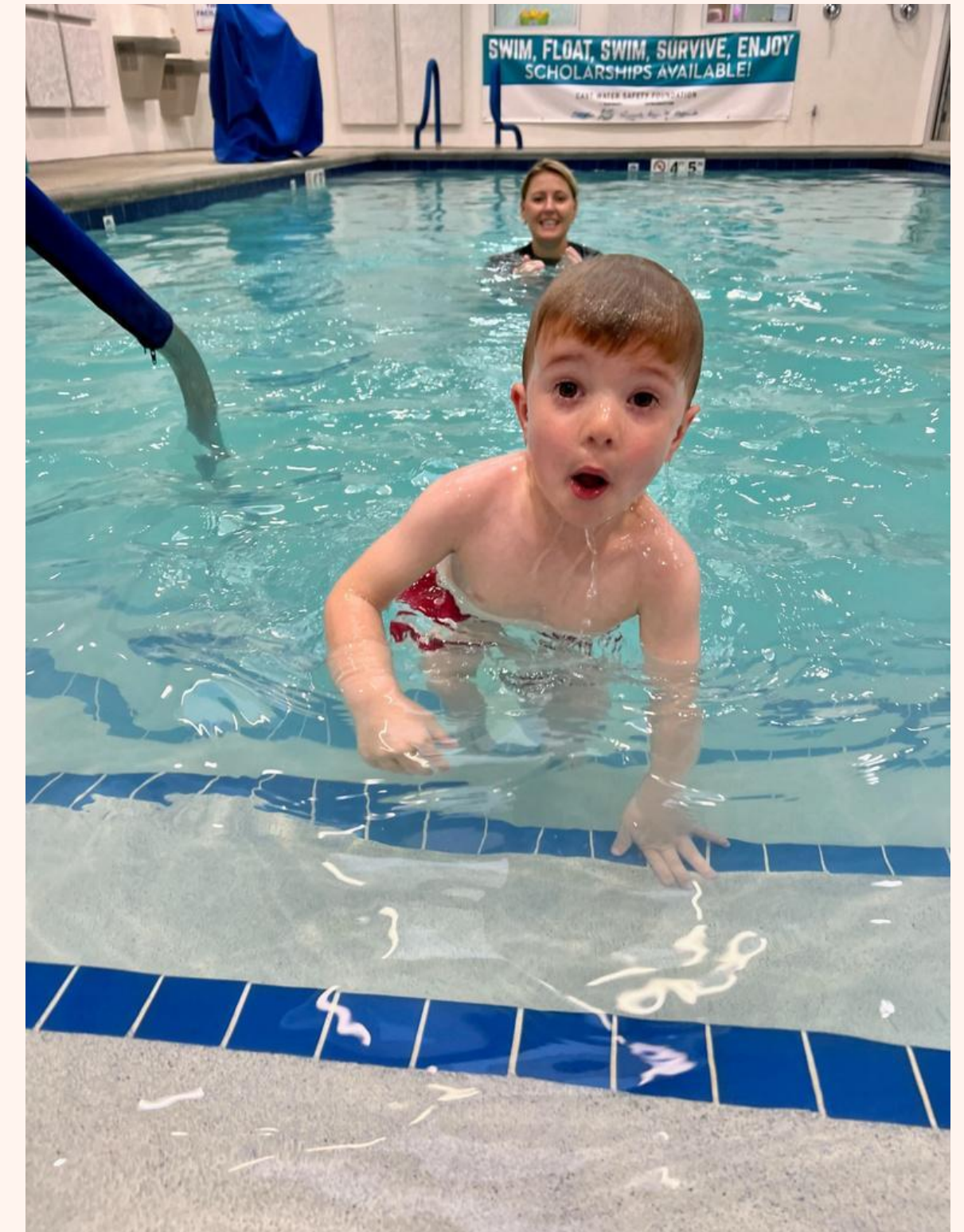
Participation in outside swim lessons at
these ages will weaken self-rescue skills!



What's Next? Under 2-4 years old...

WE RECOMMEND THAT CHILDREN **CONTINUE SELF-RESCUE LESSONS** WITH MAINTENANCE AND/OR REFRESHER COURSES AT THIS AGE. PLEASE BE SURE TO CONSULT WITH YOUR INSTRUCTOR ABOUT THE RECOMMENDED TIMING & FREQUENCY OF THESE LESSONS.

Participation in outside swim lessons at these ages will weaken self-rescue skills!





What's Next? 5+ years old...



MANY SELF-RESCUE SKILLED STUDENTS WILL SHOW READINESS FOR OTHER SWIM LESSON TYPES AT AGE 5 OR 6. PLEASE DISCUSS YOUR CHILD'S READINESS FOR CONTINUING PROGRAMS WITH YOU INSTRUCTOR. ALL SELF-RESCUE STUDENTS ARE WELCOME AND ENCOURAGED TO CONTINUE WITH LESSONS AT CAST THROUGH AGE 6!



CASTING HOPE
FOR SAFER SWIMMERS

YOUR COURAGE TO

SHARE

COULD SAVE A LIFE!





A day at the pool! 1-2 years old...



- Toddlers love to splash and play in shallow water or on the stairs.
- They are likely to want to be held when in water over their heads.
- They may enjoy swimming between an adult and the stairs or the wall for 5-10 minutes.
- You can expect to see these children use their roll-back-to-float or swim-float-swim skills if they unexpectedly find themselves in water over their heads.
- Continued refreshers will result in increased confidence to use skills for fun.
- Have an ISR skilled baby floater? This is not a party trick! Hold your baby in and around the water.



A day at the pool! 2-4 years old...



- These children love to splash and play in shallow water or on the stairs.
- They may prefer to swim, but may want to be held when in water over their heads.
- They may enjoy swimming between an adult and the stairs or the wall for 10-30 minutes.
- You can expect to see these children use their swim-float-swim skills if they unexpectedly find themselves in water over their heads.
- Continued refresher lessons will result in increased confidence to use skills for fun.



A day at the pool! 4-6+ years old...



- These kids will likely enjoy swimming but may want or need a grown up to be within arm's reach.
- 4-6 year olds can exhibit strong skills for 20-60 minutes before fatigue.
- You can expect to see these children use their swim-float-swim skills if they unexpectedly find themselves in water over their heads.
- Continued refreshers will result in increased confidence to use skills for fun.
- These children love to splash and play in shallow water or on the stairs when they are tired from extended periods using their swim, float, swim skills.

SWIM



FLOAT



SWIM



THIS

IS

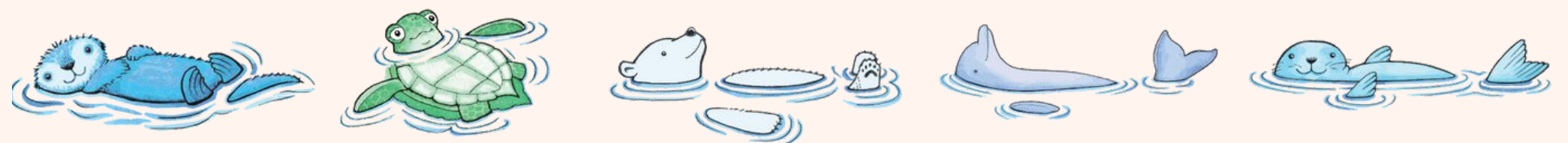
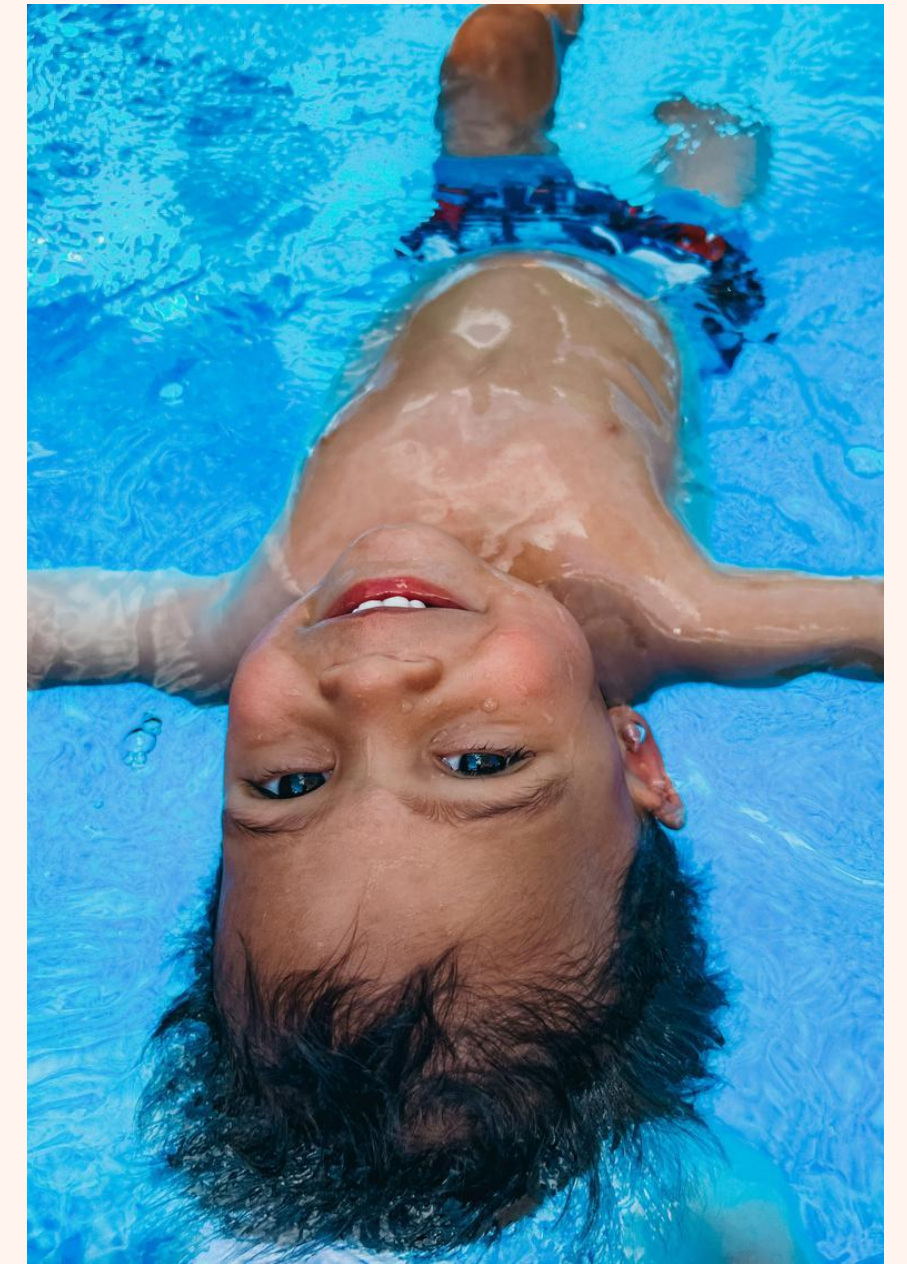
CAST

Today is... **PHOTO FRIDAY!**

**YOUR COURAGE TO SHARE COULD
SAVE A LIFE!**

Please consider sharing a photo of
your child in lessons on your
Instagram, Facebook, or via email/text
to friends and family.

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What Are Maintenance Lessons?



MAINTENANCE LESSONS ARE ONGOING, ONCE WEEKLY LESSONS THAT CONTINUE IMMEDIATELY FOLLOWING YOUR SESSION (OR WITHIN ONE MONTH). DISCUSS BEST NEXT STEPS FOR YOUR CHILD WITH YOUR INSTRUCTOR TODAY!

Schedule VIA "RETURN FAMILY SCHEDULING" ON OUR WEBSITE!



What is a Refresher Session?

REFRESHER SESSIONS ALLOW YOUR CHILD TO KEEP OR GAIN CONFIDENCE, BETTER ENJOY SELF-RESCUE SKILLS FOR USE DURING PLAYTIME AT THE POOL, AND KEEP SKILLS STRONG ON THEIR GROWING BODIES.

Refreshers are 2-4 weeks session that occur several times a year. We recommend taking a refresher within 3-6 months of your initial session.

Discuss with your instructor today!

Schedule VIA "RETURN FAMILY SCHEDULING" ON OUR WEBSITE!

