



Question of the Month:

**What is the difference between survival swimming classes and Florida Swim School swimming classes?**

Answer: Our research shows that swim classes that are labeled “survival swimming” involves simulated drowning with forced submersion and forced back floating. We have been told that when enrolled in these classes, parents have been asked to schedule the child’s eating so that regurgitating is at a minimum. What is alarming is that throwing up during lessons is expected. Often, during these lessons, the child is crying and/or screaming with no comfort from the instructor. Parents are not permitted to comfort their children when they are visibly scared during most survival swimming classes.

Scientific research has proven that the brain remembers traumatic experiences, which may be why most of the students of this method have a fear of water.

While it is a safety skill to roll onto the back, it does not need to be as a result of fear. It is suggested that you request to observe classes before registering.

**Florida Swim School** instructors are nurturing and passionate about children and teaching swimming. From the first class, teachers are building a trust with the student in a safe environment. However, some children are scared and may cry. If this occurs, parents are invited to join the lesson in the water to comfort the child.

Skills are learned and introduced based on the child’s comfort level and individual physiological development. Florida Swim School students will learn their boundaries in the pool so that they can enjoy the water safely. This nurturing method results in safer children and builds confidence.

Parents may observe classes at **Florida Swim School** any time. Which experience do you want your child to have?