

Hello Dear friends, this is the program that Anna has participated in since she was 10 months old and will be doing so again for her third round of lessons. I am very passionate about babies/ children learning to be safe in the water. ISR is one of the best anywhere. They have a 100% success and safety rate.

We have a master level teacher coming to town. And believe me, I've worked with all of the ISR teachers in this area and they are good...AND a master teacher is beyond awesome. Plus she will be holding lessons close to us. PLEASE pass on to anyone who has babies from 6 months old to 6 yrs. old. I will be happy to speak to anyone by phone or email. Thank you for sharing this with anyone. Please give Kari my name. The instructor wants to know where the referrals come from.

The instructor's website is: [www.watchmeswim.com](http://www.watchmeswim.com) The national website in her flier below is:

[www.infantswim.com](http://www.infantswim.com)

Thank you for passing along this very valuable information. This is not "fun" swimming. This is serious and life saving skills that the tiniest babies can learn within days and the few weeks they begin lessons. The younger, the easier it is for them. But all children can learn to be safe and save themselves.

Love,

Leah

**Register by January by 27, 2012 to receive pre-season discount!**

**Lessons begin February 6, 2012**

**As Featured On The TODAY SHOW, DATE LINE, 20/20 And Many Other Local TV Stations Across The U.S. And Abroad.**

Founded in 1966, Infant Swimming Resource (ISR), with it's Self-Rescue™ program, is nationally recognized as the safest provider of survival swimming lessons for infants and young children. With a primary focus on safety and effectiveness, and as the world's leading behavioral science based instruction program, ISR is the only choice for parents who are dedicated to their child's safety, education and developmental needs. ISR's worldwide network of highly qualified, certified Instructors has successfully delivered over 7 million safe lessons to infants and young children, which have resulted in our record of nearly 800 documented cases of children utilizing ISR's survival techniques to save their own lives.

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**NOW Available In Your Area!!** ISR Master Instructors, Kari Bahour & Heidi Burnett from Florida will be traveling to Philadelphia, PA to offer ISR self-rescue swim lessons during the month of February. Lessons are expected to begin February 6, 2012 at the Cathedral Village 600 East Cathedral Road, Philadelphia. The pool will be an indoor heated pool. Availability is between 3:30 p.m. - 6:30 p.m. . Space is limited. Register today to reserve your child's time slot. **ISR Lessons** are one-on-one and tailored for your child's physical abilities and comfort level. We customize each lesson to ensure the safest and most efficient lesson possible for your child. Our teaching method involves behavioral psychology, sensorimotor learning, and positive

reinforcement to make the ordinarily unforgiving water environment safe for your child to learn not only swimming skills but the self-rescue skills needed for them to survive should they reach the water alone.

**SEE WHAT YOUR BABY COULD LEARN:**

<http://www.youtube.com/watch?v=fwvv5lyPkXM>

Babies 6 to 12 months are taught the rollback-to-float sequence. These young children learn from engaging in their physical environment. We honor this method of learning. Through this process the child is taught breath control, the skills needed to complete a rotation from a face down position to a face up position and maintain a proper floating posture. This enables the child to rest and breathe comfortably for varied amounts of time. Lessons are conducted 5 days per week, Monday - Friday. You can expect your child to master these skills in 4 - 6 weeks.

**SEE WHAT YOUR CHILD COULD LEARN:** <http://www.youtube.com/user/InfantSwimming>

Children 1 year or older are taught the swim-float-swim sequence - swimming in a face down position, using his/her arms and legs; rolling onto their back to a survival float to breathe and rest. Your child will then flip back over to resume swimming and repeat the sequence as many times as necessary until he or she gets to the side of the pool. Lessons are conducted 5 days per week, Monday - Friday. You can expect your child to master these skills in 4 - 6 weeks.

**HEAR WHAT ISR PARENTS ARE SAYING:**

<http://www.youtube.com/watch?=5ZGpPgOQYRE>

With a focus on providing your child with the safest and most effective lessons possible, ISR has developed our National Registration process. This process provides ISR's team of medical professionals with an in depth look at your child's health, medical history, and aquatic environment. Your child's registration information is kept confidential and reviewed only by ISR Certified Personnel. ISR has numerous safety protocols to ensure each lesson is the safest lesson for your child.

At Infant Swimming Resource, not a day goes by when we don't hear from a parent that says they wish they new about ISR lessons sooner. Please help spread the word about ISR so not one more parent has to experience the tragedy of losing a child to drowning. To find the nearest ISR instructor near you, please visit [www.infantswim.com](http://www.infantswim.com) .

**To Register** for lessons in Philadelphia, please contact Kari at **(813) 300-4517** or via email at **k.bahour@infantswim.com**.