



# How to Choose the Best Swim Instructor

## SWIMMING POOL INSTRUCTOR INTERVIEW SELECTION CHECKLIST

CRITERIA	SURVIVAL SWIM DEVELOPMENT NETWORK	INSTRUCTOR B	INSTRUCTOR C
What swim certifications do your instructors hold?	Many of our instructors may be certified in the Survival Swim Development Network or other recognized survival swim methods		
What did their training entail?	Over 100 hours of hands-on in water practice teaching Academic study in child development, behavioral psychology and infant physiology		
Are you or your instructors CPR certified?	Yes		
How long has the instructor been teaching?	Varies according to individual instructor		
Do your instructors have experience working with children with special needs?	Many of the Survival Swim Development Network instructors have trained in the nationally recognized Swimming with Autism program.		
What are the goals of your lessons?	To prevent aquatic tragedy by teaching each student how to survive an accidental encounter with the water.  To personalize the instruction to fit each student's needs and abilities  To instill self esteem and to promote a lifelong love of swimming.		
What skills will my child learn?	Babies who are not walking learn to hold their breath underwater and roll to a face-up back float where they can rest and breathe until rescued.  Children who are walking learn to swim face down in the water until they need to breathe, roll onto their back where they can rest and breathe, and then flip over onto their tummy to continue to swim. They repeat this swim float swim sequence until they are able to reach their destination.		
How frequent are lessons?	Typically lessons are scheduled 4 days per week.		
How long is each lesson?	10-20 minutes, depending on the instructor and the age of the student		
Are lessons private or group?	All initial lessons for unskilled students are private, one-on-one		
What is the water temperature?	Optimal temperature for lessons is 88-92 degrees		