

## Welcome to ISR Cajun Country!

We would love to provide you with more information about ISR Self-Rescue™ swimming lessons. ISR Self-Rescue™ swimming skills can and do save lives, as well as set your child up for a lifetime of competence and confidence in and around the water.

Our **Swim Lessons** are for children 6 months to 6 years with all **one-on-one instruction**. Lessons are conducted **5 days a week**. Your child will **attend daily** at the **same time** for a **maximum 10 minutes a day**.

ISR Self-Rescue™ skills can and do save lives. However, the number one defense against drowning of young children is effective supervision. Your child is not the only one who learns during lessons. Part of ISR's comprehensive program involves education about specific ways you can protect your children from water hazards. ISR Survival Swimming techniques are an integral part of your families drowning prevention program.

Catherine Dudick, MD, makes an important distinction between swimming lessons, swimming ability, and survival swimming ability. "Until about three years of age, children aren't able to do a crawl stroke. Learning self-rescue techniques can buy valuable time for very small children in the event of a water emergency."

### ONE-ON-ONE, PERSONALIZED INSTRUCTION

ISR lessons are one-on-one and customized to the developmental level of each child.

#### CHILDREN 6 MONTHS TO 1 YEARS OLD:

ISR requires children to be at least 6 months old and be able to sit up independently in order for the registration process to be completed. For ISR purposes, sitting up independently means getting into a sitting position without assistance and then maintaining the sitting position without assistance for at least one minute. This milestone indicates that a child has the core strength necessary to make the rotational movements required for ISR lessons.

6 months to 12 months learn to "Rollback to Float." Rollback to Float Lessons teach your baby if ever face down in the water to hold their breath underwater, to roll onto their back to a floating position, while in that position on their back, rest while breathing in a safe manner till help arrives. This skill set takes about 6 weeks to accomplish; however, since lessons are taught according to your child's developmental readiness; sometimes 7 weeks are needed.

#### CHILDREN APPROXIMATELY 12 MONTHS - 6 YEARS OLD:

Children who can walk, learn "Swim-Float-Swim." Swim-Float-Swim Lessons teach, your child utilizes previously taught skills which are to hold their breath under water, swim with their head down and eyes open a short distance and then independently roll onto their back and float (the previous skills encompass what they learned in their Rollback to Float Lesson then Swim-Roll Back to Float, if taken). While they are on their back in a floating position, they breathe safely and rest, flip back over to the swim position and resume the sequence again and again till they reach the side of the pool or can crawl out to safety. This skill set takes between 6 weeks to accomplish; however, since lessons are taught according to your child's developmental readiness; sometimes 7 weeks are needed.

## **SESSIONS AND THE SCHEDULE:**

Our session schedule is released on our website [ISR Cajun Country](#) for all of 2025. There may be a few changes or some additions to the schedules; so, please always check the schedule. If you don't see a date or time that you're looking for please, contact us, we may be able to work something out according to your needs.

## **PLEASE NOTE QUALIFYING SCHOLARSHIP INFO:**

Scholarship information is on the website under Lessons all the way at the bottom of the page.

## **SEE WHAT YOUR CHILD CAN LEARN:**

[Infant Swimming Resource](#)

Since statistics show that 86% of all children who drown are fully clothed at the time, during the final week of lessons, while under the watchful eye of an instructor, each of our students has the opportunity to practice their ISR Self-Rescue skills in both their summer and winter clothes.

## **HEAR WHAT ISR PARENTS ARE SAYING:**

[Infant Swimming Resource Reviews What ISR Parents Are Saying | Infant Swimming Resource](#)

## **PLEASE ALSO SEE ATTACHED DOCUMENT FOR PARENT TESTIMONIALS:**

[Infant Swimming Resource Reviews What ISR Parents Are Saying | Infant Swimming Resource](#)

[ISR Reviews - Parent Testimonials | Infant Swimming Resource](#)

## **BLOG ABOUT WATER SAFETY:**

[Infant Swimming Resource](#)

## **ISR SWIM LESSONS ARE AN INVALUABLE INVESTMENT:**

**The cost of ISR Swim Lessons at first glance may seem costly; however, you cannot put a price on your child's life.**

Lessons are \$730, 5 days a week, Monday - Friday for 10 mins.

If a family has more than one sibling signing up for the same session; We do give a **10% discount per sibling starting with the second sibling**. I also give a **10% discount to military, active first responder, firefighter or police officer**.

## STUDENTS:

\$730 is due to reserve your child's slot. This payment covers the 6 weeks of your child's lessons.

1. The payment of \$730 can be paid in the form of Zelle (Zelle QR Code and directions will be included at the end of all the information). If your bank does not have Zelle; please, call the instructor you are wanting to sign up through so other arrangements can be made. **ALL ZELLE PAYMENTS MUST BE RECEIVED WITHIN 24 HOURS IN ORDER TO KEEP YOUR CHILD ON THE SCHEDULE. AFTER 24 HOURS YOUR SPOT WILL BE REMOVED AND OPENED BACK UP TO BOOK.** ALL CHECK ARRANGEMENTS MUST BE PRE-APPROVED AND MUST BE RECEIVED WITHIN 4 TO 5 DAYS AFTER ARRANGEMENT HAS BEEN MADE. Should your check be returned for any reason, you will be liable for all charges resulting from the Non-Sufficient Funds (NSF) check for ISR Cajun Country. The outstanding balance, including all NSF-related fees, must be paid in in the form of a cashier's check or money order. Furthermore, an extra charge of \$25.00 will be applied to the total amount due for each day the balance is not settled.
2. If for any reason your child needs another week to become fully skilled; the cost is \$120 a week which is due the 1st Monday of that extra week and will be billed separately.
3. Once you have booked and paid for your child's spot for lessons; you will receive a "NEW APPOINTMENT" email and a "YOUR RESERVATION RECEIPT," email. Please click the link within the "NEW APPOINTMENT," email; that will contain all of the important information needed for your child to start their lessons.
4. **REFRESHER STUDENTS:** \$240 is due in FULL to reserve your child's slot.
5. **MAINTENANCE STUDENTS:** \$24 is due in FULL to reserve your child's slot.

**IMPORTANT:** YOU ARE PAYING FOR YOUR CHILD'S TIME SLOT ON THE SCHEDULE REGARDLESS OF ATTENDANCE. THERE WILL BE NO PRORATION OR MAKEUP DAYS UNLESS CANCELLED BY THE INSTRUCTOR.

The payment of \$730 to hold your reservation on the schedule for the selected time and date will **NOT** be **REFUNDED** and only **GUARANTEED** after completing the following required registration and payment to ISR:

The one-time National Registration Fee is \$105 for new students, or \$40 for returning ISR students.

**HOWEVER... DO NOT REGISTER YOUR CHILD WITH ISR UNTIL YOU RECEIVE THE EMAIL AND LINK ASKING YOU TO REGISTER. YOU WILL NOT RECEIVE THE EMAIL WITH LINK UNTIL 3-4 WEEKS BEFORE LESSONS BEGIN. IF YOU REGISTER CHILD BEFORE THEN, YOU MAY NOT BE ABLE TO START ON TIME BECAUSE IT WILL DELAY THE PROCESS DUE TO HAVING TO REDO THE PAPERWORK ALONG WITH CHILDS MEDICAL HISTORY. ALWAYS CHECK YOUR SPAM FOLDER FOR EMAILS.**

ISR developed the National Registration process to provide special focus on your child's needs so that he or she will have the safest and most effective lessons possible. Upon the completion of your child's National Registration Form with ISR; payment will need to be rendered using a Credit or Debit Card.

\*THE \$105 NATIONAL REGISTRATION FEE IS DIFFERENT FROM THE \$730 RESERVATION FEE REQUIRED TO HOLD YOUR SPOT ON THE ISR CAJUN COUNTRY SCHEDULE\*

***PLEASE NOTE:*** ISR CAJUN COUNTRY HAS NOTHING TO DO WITH THIS MANDATORY FEE; THEREFORE, IT CANNOT BE WAIVED OR DISCOUNTED.

**\*It is at the instructor's discretion, if a refund is issued for extenuating circumstances.**

**\*IF A CHILD IS NOT APPROVED FOR ISR LESSONS BY ISR REGISTRATION EVALUATION TEAM; FULL REFUND WILL BE ISSUED TO THE ACCOUNT HOLDER WITHIN 3-5 BUSINESS DAYS \***

Please utilize the contact numbers below for more information or for us to answer any questions you may have regarding the ISR program.

**HURRY and CALL NOW to BOOK SWIM LESSONS...**Reserve your Child's Spot!

ISR Cajun Country looks forward to the opportunity of working with you and your child.



Brooke Calhoun  
(C) 337.999.6063



ISR Cajun Country's  
Certified ISR Instructors:



Cierra San Soucie  
(C) 985.590.8400

(E) [isrcajuncountry@gmail.com](mailto:isrcajuncountry@gmail.com)

(W) [www.isrcajuncountry.com](http://www.isrcajuncountry.com)

**If you are not registered with Zelle, you will need to register before you are able to send funds. Please call your instructor if you have any trouble.**

Scan this code in your bank's app to pay  
ISR CAJUN COUNTRY LLC  
at i...y@gmail.com.



**Zelle®**