



## ISR Lessons Now At RecPlex

It only takes a few minutes for a child to drown or sustain serious, life-altering injuries. Children as young as 6 months of age can learn to save themselves in a drowning situation by using ISR's Self-Rescue technique. Babies 6-12 months of age learn to hold their breath underwater, turn onto their backs, and float unassisted. Children 1-6 years old are taught to expand this into a swim-float-swim sequence.

ISR lessons focus on safe, one-on-one training by ISR certified Instructors who customize the program to the abilities of each student.

**For more information, questions  
or to register please email  
Meredith Dean**

[m.dean@infantswim.com](mailto:m.dean@infantswim.com)

