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Scot J. MacKay
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Mr. MacKay:

My name is Christopher Vera and I am a Family Medicine physician. My practice primarily focuses on preventive health and wellness and chronic disease management in the outpatient setting. Yet another setting I work in often is in the Emergency Department where I deal with a multitude of illness and injuries. In the former setting, preventative health deals primarily with taking care of elderly patients, pregnant women and adults, with a robust sampling of care for the paediatric population as well. It provides for an opportunity of teaching and encouraging behaviours and habits in mitigating chronic disease and accidental injury. In the latter setting, my work in the ED is to respond to illness and injury that can often be life-threatening. I'd like to think that my line of work in the ED informs the type of preventive healthcare I tend to deliver in the ambulatory clinic setting. When providing anticipatory guidance to young parents regarding care of their growing children, prevention of accidental death and injury is of the utmost importance to me. And water safety is huge in this regard, having had the unfortunate experience of participation in failed resuscitative efforts following drowning injuries.

My wife and I have three children, each of whom has swam with Kona and Flipkick Swim Academy; all beginning at a very young age. Though our first daughter had initially affiliated with a local class-based swimming program at 6-months, I could not really see any demonstrable improvement in her water skills. We had later began Flipkick Academy for her and our then 7-month old son, where they would spend a dedicated 10-minutes of personal 1-on-1 instruction daily. Where previously my daughter had been having fun jumping into the water and grabbing on to dad's back as she pretended to be a shark, she did not yet have the ability to stay afloat in the water by herself. What I saw for both my son and daughter after the intense drills that they went through with Kona was that they could right themselves in the water from a submerged position, and stay afloat without expending much energy. And they could do so calmly!! There was no fear, no trepidation. Their confidence in the water became evident as they continued to build on their water safety skills that was imparted upon them by the Flipkick Swim Academy.

Since then, they have continued to maintain their swim skills, using the confidence that they gained with Kona's steadfast attention and devotion to teaching safety in the water. To put my doctor hat back on, I can offer no better recommendation than that of water safety for young children. Kona's Flipkick Academy does just that; teaches water safety to children and respect for the aquatic environment. There's something to be said about providing children with comfort and familiarity with water safety, and having the skill set, knowledge, and experience to avoid devastating injury.

A handwritten signature in black ink, appearing to read 'Christopher D. Vera'.

Christopher D. Vera DO, MPH