

Adapted Swim Lesson Program

The Snohomish Aquatic Center offers an Adapted Swim Lesson Program for children with special needs. The goal of this program is to provide our students with a structured aquatic experience designed to make them feel comfortable and safe while swimming.

Our adaptive aquatics instructors are seasoned and accomplished teachers. While they have some training to work with students with a variety of abilities and needs, they're not physical therapists (PTs). Our program is not intended to be a replacement for physical therapy, but rather an option for safe and fun aquatic recreation.

ABOUT THE PROGRAM

- Open to any child with special needs*
- Classes are 25 minutes long with 5 minutes for consultation, if desired/needed
- Classes take place in our recreation pool
- Lessons are taught by a trained adaptive aquatics instructor

GOALS

Our goal is to help your child learn water safety and swimming skills as they are able. We want to work with our students to help them become the best swimmers they can be. Some students will develop skills necessary to join our group lesson program; others will continue in this program if they are still benefiting from it.

After a student finishes this program, we hope they continue to enjoy the water at the Snohomish Aquatic Center and continue to benefit from

- Social time with family, friends and peers
- Maintaining fitness appropriate for their physical and developmental level
- Increase self-esteem and overall health

WHAT TO EXPECT

It is hard for us to predict what kind of progress a student will make. Each student learns in different ways and at different rates. We will tailor our techniques to best fit your student

however, some students take longer to adjust to the water than others. We ask that our students, their families and aides are supportive and patient throughout the swim lesson process, and maintain open communication with their instructor about their personal goals, needs and concerns.

On the first day of class, the instructor will meet with the student and parent/caregiver to discuss any medical or safety needs, any relevant aquatic history, and any goals they have for their lessons.

Following this meeting, the instructor will assess the student's abilities and begin working with the student.

ABOUT OUR POOL

Most adaptive aquatics lessons will be held in our recreation pool. This pool includes

- Zero depth/wheelchair accessible water entry and aquatic wheelchair
- Aquatic lift chair
- Pool temperature is 84-86F
- Pool depth is zero – 4'6"
- Stairs, handrails (in some places) and underwater bench for seated exercises

PROGRAM EXPECTATIONS

- Be changed and ready to swim at the scheduled lesson time.
- If you need assistance (aquatic wheelchair or seated lift) to get in and out of the pool, please let us know at the time of registration so we can have that equipment ready and available ahead of time.
- Everyone must take a shower before entering the water. Accessible

showers are available in the locker rooms and on the pool deck.

- Students must exit the pool after their lesson time.
- Students who are not potty trained or incontinent must wear a swim diaper and a diaper cover.

REGISTRATION

For more information and scheduling/availability please contact privatelessons@snohomishaquatic.com

FEES AND PAYMENT

Lessons are booked in sets of 4 (once-a-week, same day and time). Lesson fee is \$40/set.

*The safety of our instructors and our students is our top priority. Please let us know prior to registering for lessons if you are questioning whether your student's medical or behavioral needs might jeopardize the safety of your student or our instructors and whether we can accommodate your student. We will do our best to make accommodations as needed.

Name of Student: _____

Age: _____

LESSON GOALS

AQUATIC NEEDS

Method of water entry and exit (ex. pool lift, wheelchair, etc.):

Aquatic support needs (ex. neck collar, float belt, etc.):

Aquatic environment needs (ex. ears above water, goggles, etc.):

PERTINENT MEDICAL HISTORY THAT PERTAINS TO BEING IN AN AQUATIC ENVIRONMENT

PREFERENCES

Likes: _____

Dislikes: _____

Favorite Color: _____ Favorite Song: _____

Favorite toys, shapes, etc.: _____

Relevant Cues: _____

Calming words or activities the student is familiar with: _____

Learning style (ex. auditory, visual, kinesthetic, experimentation): _____

Sensitivities that might be present in pool environment: Auditory: _____

Smells: _____ Visual: _____

Communication style/needs/preferences: _____

Experiences the student has had in the water (good or bad): _____

PLEASE CIRCLE WHICH SKILLS SET YOUR CHILD CAN ALMOST COMPLETE

- Walk to waist deep water – w/ or w/o floatation device
- Comfortable wearing a floatation device
- Water entry and exit by self – beach (zero depth) or stairs and edge
- Asking for permission to get in
- Tolerates body in water

- Bobs to forehead depth
- Bubbles with face in the water – during glide or float
- Glide or float front and back without help
- Kick without hand/board assist – during glide or float
- Jump in with help
- Jump –Turn-Grab wall assisted

- Putting ears in the water
- Bubbles with chin in the water
- Kicking while sitting on the wall
- Monkey crawl on wall
- Get in and out at edge of pool (3.6' – 4.6')
- Tolerates water on face

- Bobs underwater 3-4' (cover head)
- Swim 5' on front and back in 3-4' of water
- Jump in without help
- Swim/Float 5' without help
- Retrieve object in shallow water

- Safety float (rolling from front to back) – assisted
- Bubbles with nose in the water
- Glide or float front and back w/ help
- Kick with board
- Enter pool from sitting/crouching position

- Swim 10' on front and back in 4.6' of water
- Bobs underwater
- Jump in-roll on back-swim/float for 10'
- Retrieve object in chest deep water

ADDITIONAL COMMENTS

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator, Title IX Coordinator and ADA – Darryl Pernat, 1601 Avenue D, Snohomish, WA 98290, 360-563-7285, darryl.pernat@sno.wednet.edu; Section 504 Coordinator and Harassment, Intimidation and Bullying – Shawn Stevenson, 1601 Avenue D, Snohomish, WA 98290, 360-563-7282, shawn.stevenson@sno.wednet.edu.