

Adaptive Swim Lesson Program

The Snohomish Aquatic Center offers an Adaptive Swim Lesson Program, open to any child with special needs. The goal of this program is to help our students learn water safety and swimming skills as they are able.

Our Adaptive Swim Lesson Program 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. 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

- Classes are 25 minutes long with 5 minutes for consultation, if desired/needed.
- Lessons are booked in sets of 4 (one lesson per week, same day and time).
- The fee is \$48 per set of 4 lessons.
- Students should be changed, showered, and ready to swim at the scheduled lesson time.
- If your student needs assistance to get in and out of the pool, please let us know at the time of registration.
- Students who are not potty trained or incontinent must wear a swim diaper and a diaper cover.

ABOUT OUR POOL

- Lessons will take place in our Recreation Pool and are taught by trained instructors.
- The pool temperature is 83-86 degrees Fahrenheit and is zero depth to 4'6" deep.
- The Recreation Pool has a zero depth/wheelchair accessible water entry, aquatic wheelchair, and an aquatic lift chair as well as stairs, handrails in various areas and an underwater bench for seated exercises.

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.

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.

There will be no lesson make-ups or rescheduling for Adaptive lessons.

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

GOALS

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 while 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 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.

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