



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADAPTIVE SWIM LESSONS



Swim lessons designed specifically for kids ages 3-12 with disabilities including autism spectrum disorders, sensory processing disorders, motor coordination issues, and general anxiety of water.



- Instructor to student ratio will not exceed 1:3.
- Class composition built around similar individual needs.
- Emphasis on water safety skills

FRIDAYS 4:15-5:45p, 30 minute lessons

Session 1: June 1-29

*\$15 Y-member/\$19 Community
*Introductory Discount

Session 2: July 6-27

\$23 Y-member/\$30 Community

Session 3: August 3-17

\$17 Y-member/\$23 Community

Adaptive Swim Lessons Questionnaire

Thank you for registering for Adaptive Swim Lessons at the Ashland Family YMCA. Please complete this questionnaire and email it to aquatics@ashlandymca.org. Your child will be grouped with like age/ability students and the instructor will call you with your exact lesson time.

Child's Name:

Parent's Name:

Contact #:

- How does the swimmer communicate? Verbal, gestures, signs, yes/no, pictures?
- How is the swimmer at following direction? Can they follow 1, 2 or 3 steps?
- What motivates the swimmer, particularly when it comes to doing things they prefer not to do?
(music, humor, toys, competitiveness, etc.)
- What is the swimmer's past swimming experience positive or negative?
- Does the swimmer like or avoid water? Does he/she like or avoid movement?
- What do the parent and swimmer hope to accomplish through swim lessons?
- Do you have a diagnosis that you would like to share or discuss?
- Are there other people that work with your swimmer that would be beneficial for me to talk to or who could provide helpful suggestions via phone or at the pool.
- What is the swimmer's experience with floatation devices (bubbles, lifejackets, etc.)?