WHY ADAPTIVE SWIM?

- **Safety:**
  - Drowning is a leading cause of death in children under age 4, and persons of any age with autism.
  - Florida is home to lakes, creeks, rivers, pools, and oceans! Learning basic safety skills is essential in this environment.

- **Physical, Mental, and Emotional Fitness:**
  - The buoyancy of water exercise benefits many who have trouble with weight-bearing exercise and range of motion.
  - Swim skills enhance and reinforce skills taught in other therapeutic realms (bilateral movement & coordination, muscle control, breath control, frustration tolerance, emotional regulation, etc.)
  - Water itself is a soothing, relaxing place to be, and can provide stress relief benefits to swim participants.

- **FUN!**
  - Accomplishing a new skill, gaining independence in a water environment, being able to do more than just stand in the shallow end – it all makes being in the many water environments available so much more enjoyable!

WHAT TO EXPECT FROM OUR ADAPTIVE SWIM LESSONS

- **Individualization** – All lessons are private and tailored to the individual student. Our instructors watch both verbal and nonverbal cues, keeping participants moving forward while also respecting differences in pacing and tolerance.
- **Experience** – Each of our instructors is licensed, insured, and Adaptive Aquatics certified.
- **Collaboration** – Participants and instructors work *together* to accomplish skill goals. If you have specific goals or concerns, talk to your instructor; you're in this together!

POLICIES

- **Participants agree to the policies of their assigned instructor.**
- **Make-up lessons are provided at the discretion of the individual instructor. Make-up lessons WILL be provided in the case of weather cancellations. No make-ups will be provided for no-shows.**
- **No refunds for withdrawal or missed lessons will be issued once lessons have begun.**

READY TO GET STARTED? REGISTER AT WWW.CFLDREAMPLEX.COM

Still Have Questions? Contact Becky James, Adaptive Aquatics Director, assuredaquatics@yahoo.com OR (352)432-1863