



POWERS AQUATICS AT SOUTH SHORE YMCA Adaptive Parent/Child Swim Lessons | SPRING 2021

PROGRAM DESCRIPTION: These classes are run as parent/child classes, with 2 levels of this program. Ages: 2 Years Old - 5 Years Old

SPRING SESSION DATES: Monday, April 12th - Sunday, June 27th

DOES MY CHILD QUALIFY FOR THIS PROGRAM? This program is designed for children who need their curriculum modified or adapted to meet their needs. If your child's needs substantially limit their ability to learn amongst their peers without modified plans or accommodations this program may be for you!

Please note, not all children diagnosed with a physical or learning disability may need our adaptive program. Some examples of children who may qualify may be:

- Physical impairment that limits ability to stand on our docks
- Diagnosed learning disability which requires modification of curriculum
- Social/emotional challenges which limit ability to participate amongst peers
- Every child is different with their own needs so please reach out to if you would like to discuss if you feel like your child may be a good fit for us!

ADAPTIVE LEVEL 1: Age: 2 Years - 5 Years

- **Prerequisite:** No experience required
- **What will my child learn in this class?** How to swim underwater independently for 6 feet, back float, hold their breath, blow bubbles, climb out of the pool, and how to jump into the pool.
- **When will my child be ready for the next level?** When they can swim 5-6 feet underwater independently off of the docks OR when they turn 5 (whichever comes first).

ADAPTIVE LEVEL 2: Age: 2 Years - 5 Years

- **Prerequisite:** Must be able to swim 6 feet to a from docks on own with face in the water.
- **What will my child learn in this class?** How to back float independently, how to kick on their back, get rings from the bottom of the pool, and how to independently roll over to breath. Begin stroke development.
- **When will my child be ready for the next level?** When they can back float independently for 10 seconds, when they can independently kick on their back for 10 seconds, and when they can roll over from their stomach to their back to breath independently OR when they turn 5 (whichever comes first).

REGISTRATION DATES: Once you sign up for a Powers Aquatics program there will be no refunds or credits offered. If we must close due to COVID we will make up any canceled weeks at the end of the session. We do not offer make ups for any Powers Aquatics Programs. **Register: ssymca.org/program/swim/powers-aquatics/**

Adaptive Swim Registration: Members: Tues, 2/23: 7:00p-8:30p | Non-Members Tues, 2/23: 7:30p-8:30p

PRICES:	No Class	# of classes	Parent/Child Inclusive & Adaptive (\$12, \$18)
Monday	5/31	10	M: \$120, NM: \$180
Tuesday	-	11	M: \$132, NM: \$198
Wednesday	-	11	M: \$132, NM: \$198
Thursday	-	11	M: \$132, NM: \$198
Friday	-	11	M: \$132, NM: \$198
Saturday	5/29	10	M: \$120, NM: \$180
Sunday	5/30	10	M: \$120, NM: \$180