

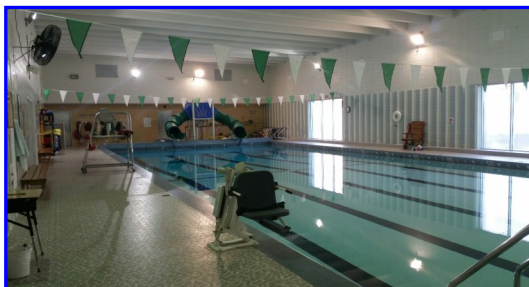
## Available Facilities

Group and private swim lessons may vary based on facility/instructor availability. Please contact each facility for more information.

### Altru Family YMCA

215 North 7th St. - Grand Forks  
www.gfymca.org

The Altru Family YMCA offers a 5 lane, 25 yard swimming pool. The shallow end ranges from 3.5' - 5' with the deep end scaling down to 10' and features 2 water slides. This pool is handicap accessible with stairs for entry and a chairlift for easy access.

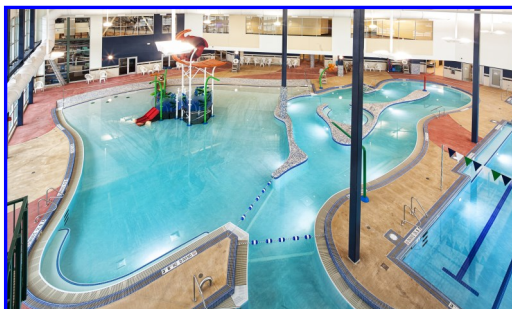


Contact:  
Sidney Wagner, Youth Development Director  
701.775.2586 / swagner@gfymca.org

### Choice Health & Fitness

4401 South 11th St. - Grand Forks  
www.choicehf.com

Choice Health & Fitness offers a 3 lane lap pool, 2 large water slides, zero depth entry pool with spray toys, lazy river for family entertainment and low impact walking programs. The lap pool offers a chairlift for easy accessibility.



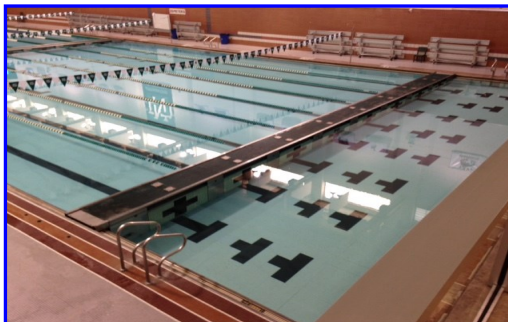
Contact:  
Lisa Rollefstad, Sports & Recreation Manager  
701.746.2790 / aquatics@choicehf.com

### University of North Dakota, Hyslop Sports Center

2751 2nd Ave North - Grand Forks  
www.undsports.edu

Hyslop Sports Swimming Pool is an 8 lane 25 yard pool with 4' at the shallow end and 13' at the deep end.

Through a partnership with Safe Kids Grand Forks, UND is now able to offer Adaptive Aquatics lessons with 1:1 instruction on a routine basis. For class dates/sessions visit [www.safekidsgf.com](http://www.safekidsgf.com)



Contact:  
Brian Strom, Swim ND Coordinator  
701.777.3050 / brian.strom@und.edu

# ADAPTED AQUATICS

Grand Forks, North Dakota





## What are Adapted Swim Lessons?

Adapted swim lessons are designed for individuals with physical, neurological, developmental and/or cognitive impairments. The goal of adapted swim lessons is to give individualized instruction that helps the participant learn water safety, swimming skills, and independence in the water.

Each facility provides swim lessons using their own curriculum. Though the programs are different, they have a common goal. Each program is designed to serve all abilities and provide progression through their swimming levels. Adapted swim lessons provide the swimmer a structured environment that allows them to feel safe and comfortable.

The American Academy of Pediatrics recommends that all children have exposure to swim lessons and water safety by age 5. These classes offer that exposure to all kids, including those with special needs.

## Meeting the Need

Adapted swim lessons have been taught throughout the Grand Forks community for years. Safe Kids Grand Forks saw a need to provide more information to the public on the need for swim lessons for people of all capabilities. They wanted to also provide an additional education for professionals who work with children with special needs in an aquatic setting. The goal is to have a streamlined registration process for adapted swim lessons at the available facilities within our community, and for more children with special needs to get the water experience they need and deserve by trained professionals.

Along with learning to swim (as per their abilities), your child will gain water safety knowledge, increase their strength, and gain more confidence in aquatic settings. Studies show that if a parent does not know how to swim, there is only a 13% chance that a child in that household will learn how to swim. Every child deserves the opportunity to learn how to swim and gain an essential lifelong skill.

**Did You Know?**  
*Accidental drowning account for the majority of U.S. deaths reported in children with Autism Spectrum Disorder ages 14 and younger.*

We are grateful to Little Miracles for their financial support to Safe Kids Grand Forks so that we can offer this service.



## What To do Next?

This brochure includes information on the available facilities in Grand Forks that offer Adapted Swim Lessons. We encourage you to call the facilities if you have specific class availability and curriculum questions.

Once you decide which facility best meets the needs for your child, they will complete the necessary paperwork and consultation with you and your child. The consultation is for your child and the instructor to meet, along with providing the facility more knowledge on how to adapt swim lessons for your child's needs.

The paperwork is streamlined throughout all the facilities. If you were to switch facilities, you would only need to complete one consultation with that facility unless updated information is needed.

**Did You Know?**  
*Drowning is the 3rd leading cause of unintentional injury death worldwide.*

