

Adapted Aquatics Water Safety Classes

Working with Swimmers with Special Needs



Water safety is an important life-long lesson, especially for children with special needs that tend to be attracted to water and also are prone to wander. This course will offer young children and youth the opportunity to get accustomed to water and steps to keep them safe around water. The course is an introductory class, not designed to make them a proficient swimmer, but rather to learn safety tips and to get them comfortable with being in and around bodies of water. Lessons will be 1:1 or 1:2 with the instructor as deemed appropriate. **This class session will focus on children with intellectual**

disabilities who are in Kindergarten—5th grade.

CLASS DATES:

Session 1: Jan. 29 – Feb. 14 - Monday/Wednesday Classes

Session 2: Jan. 30 – Feb. 15 – Tuesday/Thursday Classes

Session 3: Feb. 19 – Mar. 7– Monday/ Wednesday Classes

Session 4: Feb. 20 – Mar. 8 – Tuesday/Thursday Classes

TIME: 5—5:30 p.m.

LOCATION: University of North Dakota, Hyslop Sports Center Pool—2751 2nd Ave. N.

COST: \$90 for 6 sessions

TO REGISTER: Contact Safe Kids Grand Forks at safekids@altru.org or by calling 701-780-1489. Class size is limited, so don't delay in getting signed up to attend!

Class registration is required. If due to financial hardship, your child cannot attend, contact us for partial scholarship opportunities.

