

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.**

Session #	Dates						Cost:
Session 1	3/19	3/21	3/26	3/28	4/4		\$75 for 5 sessions
Session 2	3/20	3/22	3/27	4/3	4/5		\$75 for 5 sessions
Session 3	4/9	4/11	4/16	4/18	4/23	4/25	\$90 for 6 sessions
Session 4	4/10	4/12	4/17	4/19	4/24	4/26	\$90 for 6 sessions



TIME: 4—4:30 p.m.

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

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 due 1 week before the first day of class.** If your child cannot attend due to financial hardship, please contact us for partial scholarship opportunities.

