



## Rec2Connect Aquatic Programming

### Aquatic Group Programming

Parent & Me Swim Class is a fun energetic class for individuals with special needs ages 1-5 with their caregivers. The class explores beginning swimming skills as well as social and safety skills in and around the pool.

Aquatic group exercise is a high energy class which introduces stationary and dynamic exercises for adults with special needs. A wide variety of aquatic equipment, exercise and therapeutic techniques are used to increase muscle and tone development, endurance, and strengthening while having fun!

### Razorsharks Swim Team

One hour practice weekly with a focus on increasing endurance, enhancing and refining swimming strokes, participate in swim meets and increase socialization for individuals with special needs.

Coach Dan Lisy provides individualized coaching techniques, engaging swimmers in a variety of swim drills, strengthening and conditioning activities and the importance of teamwork and fun!

Participants are required to swim one length of the pool independently of any stroke without use of a float.

### Aquatic Therapy

We provide standardized recreation therapy assessment with a detailed list of goals and a treatment plan based on a comprehensive evaluation of all assessments, followed by daily documentation of progress.

Sample goals of this program are to increase muscle tone, strength, balance, coordination, range of motion, gait, spatial

### Adapted Aquatics

45 minute sessions with a focus on individualized swim instruction, teaching and refining swimming strokes for individuals with special needs.

Aquatic specialist will work with individual's skill set and increase endurance, acquisition of all strokes, refinement of mastered strokes, and all swim related skills (bobs, treading water, dives, starts, turns).

Aquatic specialist takes data on all skills to track progress.

Building connections and achieving goals through Recreation and Aquatic Therapy  
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