Adapted Swim Lesson Program

Program and Pool Information

The City of Lynnwood Recreation Center offers an Adapted Swim Lesson Program for children and adults with special needs. The goal of this program is to provide our students with a structured aquatic experience designed to make them feel comfortable and safe while swimming.

Our Adaptive Aquatics Instructors have expertise in aquatics programing and therapies for students with special needs. Though they have training to work with students with a variety of special needs, they are not physical therapists (PTs). Our program is not intended to be a replacement for physical therapy, but rather as an option for safe and fun aquatic recreation.

About the Program

- Open to any person with special needs
- Classes are held from 11am-11:30am and 11:30am-12pm on Sundays
- Classes are 25 minutes long with 5 minutes for consultation, if desired
- Classes are held at the Lynnwood Recreation Center Pool
- Lessons are taught by a trained Adaptive Aquatics Instructor.

Goals

Our goal is to help everyone learn water safety and swimming skills as they are able. We want to work with our students to help them become the best swimmers they can be. Some students will develop skills necessary to join our community lesson program; others will graduate our adapted aquatics program and be able to work with our instructors to create an aquatics exercise plan that serves their individual needs.

After a student finishes the lesson program, we hope they continue to enjoy the water at the Lynnwood Recreation Center and continue to benefit from:

- Social time with family, friends and peers
- Maintaining fitness appropriate for their physical and developmental level
- Increase self-esteem and overall health

What to Expect

It is hard for us to predict what kind of progress a student will make. Each student learns in different ways and at different rates. We will tailor our techniques to best fit each student, however some students take longer to adjust to the water than others. We ask that our students, their families and aides are supportive and patient throughout the swim lesson process, and maintain open communication with their Adapted Aquatics Instructor about their personal goals, needs and concerns.
Once a new student has been scheduled to start swim lessons, the instructor will meet with the student and or caregiver to discuss goals and how to best achieve those goals. Following this meeting, the adapted lesson coordinator will meet with the instructor to create a customized training plan that best suits the student’s needs.

**Peer Modeling**

When instructors notice students with similar swimming skills, they may pair them up. This is called peer modeling. Peer modeling helps students learn new techniques by encouraging and observing each other, and is intended to prepare them for community swim lessons upon graduation of the Adapted Program.

**Graduation from the Program**

Graduation requirements will be adapted for each individual participant and progress is measured based on student’s improvement and individual goals. For some students, graduation from the program will mean being transitioned into our community lesson program. For others, it will mean gaining the necessary skills to be safe in and around aquatic environments.

**About our Pools**

Most Adaptive Aquatics Lessons will be held in the Wellness Pool, which is a space designed for aquatic therapy. The Wellness Pool includes:

- Wheelchair accessible ramp entrance and aquatic wheel chair
- Portable aquatic lift chair
- Pool temperature is a warm 90°F
- Pool length is 15 yards (45 feet)
- Pool is 3 feet deep at the shallow end and 4’6” at the deep end
- There is a hand rail which runs the length of the pool, as well as under water bench for seated exercises

**Program Expectations**

- Be changed and ready to swim at the scheduled lesson time.
  - If you need assistance (aquatic wheelchair or seated lift) to get in and out of the pool please let us know at the time of registration so we can have that equipment ready and available ahead of time.
- Everyone must take a shower before entering the water. Accessible showers are available in the family changing rooms.
- Students must exit the pool after their lesson time.
- Students who are not potty trained or incontinent must wear a swim diaper and a diaper cover with elastic at both legs and the waist.
Registration

To register for the Adapted Swim Lesson Program, call the Lynnwood Aquatics office at 425-670-5528 or come to the pool to get on the waitlist and ask for a registration packet. The registration packet can also be downloaded here. We must have a completed packet before we can schedule a student for lessons.

Fees and Payment

Lessons are booked in 8-10 class sessions, and cost $15 per class. *Registration dates can be found here.