



WEBSTER AQUATIC CENTER

Water Safety & Swimming Skills

5-Day Intensive & Individualized Swim Program

JUNE 24 - JUNE 29



With summer right around the corner, everyone is excited to jump in and splash around in the water. Whether it is a beach, a lake, or a back yard pool, cooling off and having fun in the water is a lifelong pastime and a universal staple of summer fun. Unfortunately, along with all of the excitement comes an alluring danger that can potentially tempt an unskilled individual in to an unsafe situation. AutismUp's Water Safety and Swimming Skills class will provide an opportunity for individuals of all ages and abilities to obtain the proper skills necessary to navigate the water safely and better respond to unexpected circumstances. This program is a week long and is administered by a trained and certified adaptive swim instructor and aides to help each individual advance at their own pace and comfort level.

WEEK ITINERARY

SUN 6/24: Parent/Volunteer Orientation (1p – 3p)

MON 6/25: Skills Inventory Assessment

TUE 6/26: Skills Component Focus I

WED 6/27: Safety Day

THU 6/28: Skills Component Focus II

FRI 6/29: Progress Assessment

SESSION TIMES

SESSION 1: 9a - 9:30a

SESSION 2: 9:40a - 10:10a

SESSION 3: 10:20a - 10:50a

SESSION 4: 11a - 11:30a

SESSION 5: 11:40a - 12:20P

SESSION 6: 12:30p - 1p

Free Sensory Swim: Free swim will be allowed for all siblings and immediate family members at no charge. Sensory swim for participants is available before and after session time*. Free swim will be supported by volunteers and all pool rules must be adhered to, including parent in-pool requirements

COST: \$200 | EMAIL: programs@autismup.org | PHONE: (585) 248 - 9011

REGISTER TODAY AT AUTISMUP.ORG