

Adaptive Aquatics Water Safety Classes at Altru YMCA

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. (Also open to children age 3-5 that are potty trained.)

CLASS DATES:

Session A: January 19—February 11, 2021 (8 sessions)

Session B: February 16—March 11, 2021 (8 sessions)

Session C: March 23—April 15, 2021 (8 sessions)

Session D: April 20—May 6, 2021 (6 sessions)

TIME: 3:45-4:15 p.m. Tuesday/Thursday Classes

LOCATION: Altru Family YCMA—215 N 7th St, Grand Forks ND 58203—Note change from UND

COST: \$160 for 8 sessions (\$120 for 3 week session—6 sessions)

TO REGISTER: Contact Jimmy at the Grand Forks YMCA at jrawl@gfymca.org or call 701.775.2856.

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 Safe Kids Grand Forks (701.780.1489 or safekids@altru.org) for partial scholarship opportunities.

We give special thanks to Little Miracles, Inc. for their support of our Adaptive Aquatics work in the community.

