

Aquatics Programs

Adaptive Aquatics

Adaptive Aquatics is an individualized swimming program that adapts the aquatic environment for children and adults with special needs. Goals are to teach water safety and recreational swimming skills to help the individual reach his/her highest potential. Individuals who have difficulty physically or socially playing with others, can often be on very equal terms in the water.

Individual Approach

Instructors use specialized aquatics equipment and teaching tools for children/adults with a variety of special needs. This allows the student to do the following:

- Overcome fear of the water
- Have an opportunity to be independent in the water
- Feel the freedom of being in water
- Succeed in all levels of swimming
- Experience relief from pain and muscle spasms
- Increase strength and balance
- Work on social and educational goals

Student Goal Development

Goals are individualized by certified instructors for each individual using a multi-disciplinary approach – including input from the individual, parents, physical therapists, speech pathologists, occupational therapists, doctors, teachers, and school district personnel.

Cost – \$30 per 30 minutes, 30-60 minutes per week. Adaptive Aquatics has three possible sources of financial assistance:

- Family Support Network
- LifeScape scholarships
- School Districts (IEP) at school's discretion.



2501 W. 26th St., Sioux Falls, SD 57105
www.LifeScapeSD.org

For more information or to register:

- Visit LifeScapeSD.org/services/therapy
- Call 605.444.9708
- Email aquatics@LifeScapeSD.org

American Red Cross Swimming Lessons

LifeScape also offers the American Red Cross Learn-to-Swim program in individual, semi-private (2), or small group (3-5) lessons. Our warm water pool and smaller group size make LifeScape a great place for children to learn this life-long skill.

Safety Skills in a Logical Progression

The objectives of the Red Cross Learn-to-Swim courses are to teach people to be safe in, on, and around the water, as well as to improve swimming abilities. Skills are built in a logical progression:

- Water entry & exit
- Buoyancy
- Treading
- Water safety
- Building endurance
- Breath control & submerging
- Swim on front, back, and side
- Stroke and turn refinement

Course Details

Sessions are 30 minutes, once a week for 8 weeks. Please visit LifeScapeSD.org/services/therapy for course availability, descriptions, application, and registration deadlines.

Cost

- Individual – \$20/30 minutes (\$160/8-week session)
- Semi-Private (2 students) – \$15 per child for 30 minutes (\$120/8-week session)
- Small Group (3-5 students) – \$10 per child for 30 minutes (\$80/8-week session)

