

YAQUATICS™

We build strong kids, strong families, strong communities.

Swimming can be one of the best activities to increase range of motion, strengthen the body, provide relaxation or just have fun. We have always known about the rehabilitative benefits of water exercise for adults with injuries or chronic conditions such as arthritis. For children with disabilities, the benefits of water are enormous. Swimming is one of the few sports or recreational activities they can fully participate in regardless of physical abilities. People with multiple disabilities, developmental delays, Autism, vision and hearing impairments, and learning disabilities can all gain much from an Adapted Aquatics program.

For children with disabilities, water activities allow them to participate in an environment where it is easy to succeed. Children who are often separated from others by their differences are suddenly on "equal footing" in their swim class. Group activities and normal spontaneous social interaction are extremely easy in the water.

Adaptive aquatics teaches life skills that support the child's overall goals and progress in other developmental areas for instance it may improve speech and language, strength, endurance, range of movement, as well as social and attending behaviors. Adapted Aquatics is a swimming program in which teaching methods are adapted to meet the needs of individuals who, because of mental or physical impairment, cannot readily achieve success in a regular swimming program.

We have experienced and trained staff who are prepared to work with a variety of special needs. Using instructor aides and volunteers we are able to modify strokes, adjust requirements, and give additional support when needed. Adapted Aquatics at the Rockwall County YMCA means adapting to meet the needs of all our members and participants.

For more information or to schedule a meeting, please contact Tom Applegate,

Aquatics Director at the Rockwall YMCA at (972) 772-9622.