



Adaptive Swim Lessons

Summer 2024

Adaptive swim lessons are designed for anyone with neurological, developmental and cognitive challenges, and teaches them independence swimming and water safety. By introducing students to the water gradually in a quiet setting in private lessons, they are better able to focus their attention. An individual assessment will be done by a certified instructor in order to determine the skill level of the participant. Each session includes eight (8), thirty (30) minute private lessons.

Instructors use specialized teaching tools for participants with a variety of special needs. This allows the student...

- To overcome fear of the water
- An opportunity to be independent in the water
- The freedom of being in water
- Success in all levels of swimming
- Relief from pain and muscle spasms
- To increase strength and balance
- To improve dexterity and fine motor skills

Eight, thirty minute lessons per session at a discount rate. Adults with special needs are welcomed in adaptive aquatics, too! For more information please call (423)343-9758 or visit our website www.swimkingsport.com

Prices:

- KAC Members- \$60.00
- YMCA Members--\$120.00
- Non-Members--\$140.00

Kingsport Aquatic Center
Adaptive Aquatics Participant Profile

Personal Information

| | | |
|-------------------|------|---------|
| Participant Name: | | |
| Age: | DOB: | School: |
| Parent/Guardian: | | |
| Address: | | |
| Home Phone: | | |
| Email Address: | | |

Health Information (Disability Diagnosis)

| |
|---|
| Medical Conditions: (diabetes, seizures, asthma, allergies, etc.) |
| |
| |
| |
| |
| Medications: |
| |
| |
| Types of Seizures: |
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| |

Communication

| |
|---|
| What is your child's major means of communication? (signing, speech, communication devices, gestures, etc.) |
| |
| |
| |

Any Physical Limitations? (Place and "X where appropriate)

| | Independent | Some Assistance | Full Assistance | Comments |
|------------------------|-------------|-----------------|-----------------|----------|
| Mobility | | | | |
| Positioning | | | | |
| Entering/Exiting Pool: | | | | |

Any behavioral problems that the instructor should be aware of?

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| |

Instruction—Student learns best by:

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| |

Aquatic History (previous swimming experience)

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| |

Please describe your expectations for your child in this program
(i.e. stroke development, range of motion, safety skills, etc.)

| |
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| |
| |
| |

Parent/ Guardian Signature:

Date:



Adaptive Lesson Form- SUMMER 2024

Participant name: _____ Birth Date: _____ Gender: M / F
 Parent/guardian name: _____ Birth Date: _____ Relationship: _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Home phone: _____ Cell Phone: _____ Do you text? (Circle ONE) Yes/ No
 E-mail: _____

Are you a member (circle one)? KAC YMCA# _____ Non-Member

If Adaptive have they filled out the sheet before? Yes / No

Have you taken lessons with us before? Yes/No

Notes:

- *Each session contains eight (8) thirty minute lessons with only one make up class each session
- *Requesting an instructor/season does not insure that you will receive that instructor/season
- *Requests for adaptive lessons will be processed on a first come first serve basis.

Participant's Availability

Summer June July Requested Instructor: _____

Please write in the space below what times you are available.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> 6am-11am | <input type="checkbox"/> 6am-11am | <input type="checkbox"/> 6am-11am | <input type="checkbox"/> 6am-11am | <input type="checkbox"/> 6am-11am | <input type="checkbox"/> 6am-8am |
| <input type="checkbox"/> 11am-4pm | <input type="checkbox"/> 11am-4pm | <input type="checkbox"/> 11am-4pm | <input type="checkbox"/> 11am-4pm | <input type="checkbox"/> 11am-4pm | <input type="checkbox"/> 11am-5pm |
| <input type="checkbox"/> 4pm-8pm | <input type="checkbox"/> 4pm-8pm | <input type="checkbox"/> 4pm-8pm | <input type="checkbox"/> 4pm-8pm | <input type="checkbox"/> 4pm-8pm | |

Dates of conflict we need to be aware of? (Ex. Vacations, Sports, Music, etc)

Lessons at the requested time are not guaranteed and may result in scheduling alternate times.

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Payment Type: Cash Check# _____ Credit Card Gift Certificate # _____

****Always attach a copy of the receipt to the back of this form**

Staff Use Only

Date to be Collected: _____ Instructors Name _____

Amount to be Collected: _____

Collected By (Staff Signature): _____

- Entered into Civic Rec
- Entered into Fresha (Coordinator only)



Swim School Policies and Procedures

- Before arriving to class, please sign in each day and **pay at the front desk on your first day of classes**. If you have a balance on your account it must be paid in full before continuing on with swim school. Each time you come to the Kingsport Aquatic Center for a swim class please **check in at the front desk**. The Team will keep track of your attendance.
- If you are going to miss a adaptive class, please give us **24 hours' notice**. Stop by or call the facility and **fill out a cancellation form**. Lack of notice may forfeit your class. Adaptive classes are **offered one (1) makeup class each session**. If an emergency arises and you are unable to give 24 hours' notice, please call the front desk at (423) 343-9758 and we will work on getting a makeup lesson scheduled.
- Please arrive at least 5 minutes before the start of your class and meet the instructor at the designated area. Do not enter the water until class begins. Instructors are only required to wait 15 minutes for your arrival before they leave. If they have waited 15 minutes and you are still not there, no makeup class will be provided.
- Please be available for your child at the end of class. Parents/guardians of all children must be available to escort them to the bathroom.
- Please remember that the **fee paid is for classes only**. This does not include free swim time for the student or his/her family before, during or after class. Please refer to the open swim times advertised in the information brochure. Regular admission fees or memberships may apply.
- We invite parents/guardians to observe classes from the pool deck, but please refrain from communicating with students or instructors during classes. If you need to speak with the instructor please do so before or after class.
- Children who are not potty trained must wear a swim diaper under their swimsuit. If you do not own a swim diaper, you may purchase one at our front desk.
- If you have any questions about our swim school, please feel free to call our front desk at (423) 343-9758 and a staff member will promptly return your call. Thank you!

Thank you for participating in our programs.

Printed Name: _____

Signature: _____ Date: _____

Swimmers Name _____