



## Adaptive Aquatics Swim Lesson Information February/March

**Objective:** SPAR now is offering an Adaptive Aquatics Program. Adaptive aquatics, also known as special needs swim lessons, are swimming lessons designed for people with developmental, neurological, or cognitive challenges. These challenges can include autism spectrum disorder, cerebral palsy, down syndrome, visual, hearing, or speech impairments, learning disabilities, emotional disturbances, paralysis, and physical limitations. This 45-minute program is a comprehensive, team-based course for ages four years and up that is led by SPAR’s very own Certified Adaptive Aquatic Instructors. Students and their aid/parent/guardian are introduced to the “water world” of swim lessons and water safety skills. They will learn functional swimming skills, recreational swimming skills, water safety, and social skills. The goal is to help people learn to swim to their best ability, feel safe and confident in the water, and have fun.

**Location:** SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

**Minimum Age:** 4 years old by the first day of class

**Students Need:** An aid/parent/guardian in the water for the entire class.  
• We request your student have a swim diaper on under their suit if needed.

**Course Fee:** \$40.00 per student (aid/parent/guardian included in the price)

**Payment:** Full payment is due at the time of registration. Register online at [www.sulphurparks.com/sparc](http://www.sulphurparks.com/sparc)

**Course Materials:** You will need to bring a towel, swimsuit, a swim diaper (if needed), and a smile.

**Cancellation Deadline:** Cancellations must be made by the registration deadline to receive a refund. Cancellations after the deadline are not eligible for a refund nor are the fees transferable to future programs/classes. For more information call SPAR Aquatics

### Session Dates

<b>Session 2</b>	February 11th	From: 1:00pm-1:45PM or 4:00pm-4:45PM
	February 18th	From: 1:00pm-1:45PM or 4:00pm-4:45PM
	February 25th	From: 1:00pm-1:45PM or 4:00pm-4:45PM
	March 4th	From: 1:00pm-1:45PM or 4:00pm-4:45PM

Registration Deadline: Wednesday, February 5, 2025 at 12:00PM