



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREEDOM OF MOVEMENT

## ENABLING AQUATICS PROGRAM

### POOL SESSIONS

Saturdays 10:30 am – 12 pm

### SUPPORT & NETWORKING GROUP

Saturdays 12 pm – 1:30 pm



### FEES:

Members	Free
Program Members	\$50
Non-Members	\$63

\*Fees are for 10 sessions\*

\*5 session also available\*

The Sonoma County Family YMCA's Enabling Aquatics program offers participants the freedom of movement in a caring and nurturing environment. This program serves all abilities in both our therapy and lap pools. Participants must be accompanied by a parent or caretaker. A support and resource networking group follows every session. The chairlifts are available for assistance into both pools.

For information on participating or volunteering with our Enabling Aquatics program please contact:  
Kelly Hodgins, Aquatic Director, at 707.545.9622 ext 3126 or [khodgins@scfymca.org](mailto:khodgins@scfymca.org).

Sonoma County Family YMCA  
1111 College Ave. Santa Rosa, CA 95404 • 707-545-9622 • [www.scfymca.org](http://www.scfymca.org)  
The YMCA is a non-profit, community organization. Financial Assistance is available.

## **Adaptive Aquatics**

These classes have been adapted for children with special needs teaching basic water safety and swimming skills. Classes are based on a 1:6 ratio. Every child has the right to gain self-confidence leading toward lifelong experiences of enjoying the water.

### **Beginning Lessons - Small pool**

**Saturday's 9:20-10AM & 10-10:40AM**

This class will help build self-confidence, leading toward that goal of lifelong enjoyment of the water. This class creates a more relaxing, fun, and supportive environment. Children learn and become accustomed to blowing bubbles, moving around in the water comfortably, basic floating and how to be safe in the water. All non-potty trained children must wear a swimming diaper.

### **Intermediate Lessons - Large Pool**

**Saturday's 10:45-11:25AM**

During this class, swimmers will focus on mobility, blowing bubbles, and breathing. Swimmers are continually prompted to use paddle stroke and using kicking to help achieve better mobility in the water. Supportive tools are used when appropriate. All non-potty trained children must wear a swimming diaper.

### **Advanced Lesson- Large Pool**

**Monday/Wednesday 6:05-6:45PM & Saturday 9:20-10AM**

During this class, swimmers will focus on basic stroke technique and building toward a more mainstream swim class. Swimmers are continually prompted to use paddle stroke and using kicking to help swim better swim technique. Supportive tools are used when appropriate. All non-potty trained children must wear a swimming diaper.

Call to register at 707-545-9622, ext. 3138