

Lessons can be 30-60 minutes either once or twice per week. The parents and teacher decide the length, time and number of sessions per week.

Pricing for Adaptive Aquatics & Personal Fitness

Package A: 1 student to 1 teacher ratio
30 minute lessons = \$20 per lesson
60 minute lessons = \$40 per lesson

Package B: 2 students to 1 teacher ratio
30 minute lessons = \$13.83 per lesson
60 minute lessons = \$27.66 per lesson

Package C: 3 students to 1 teacher ratio
30 minute lessons = \$9.25 per lesson
60 minute lessons = \$18.50 per lesson

The parents coordinate payment whether it is private pay, SSI, family support and or a school district (IEP).



ADAPTIVE AQUATICS AND ADAPTIVE PERSONAL FITNESS

Sanford Wellness Center
4201 S. Oxbow Avenue
Sioux Falls, SD 57106
(605) 328-1600

014005-00022 Rev. 2/16



Instructor

The program is directed and taught by the pioneer of Adaptive Aquatics in Sioux Falls, SD, Carole Wolf. Carole has been working with special needs students for over 25 years. She is currently coaching the Special Olympics - United - Wolf Pack. She is also a member of the American Alliance for Health Physical Education and AAHPERED.

Certifications:

National level from AAPAR and AAHPERED:

- Certified as a Adapted Aquatics Instructor
- Master Teacher in Adapted Aquatics

South Dakota Teaching License, State Level:

- K-12 in Health Physical Education and Recreation
- 7-12 Secondary Education
- Adapted Physical Education
- Swimming

American Red Cross:

- Fundamentals of Instructional Training
- WSI
- BLS
- AED
- First Aid
- Lifeguard

In each student's program, the parent will be consulted during each lesson.

We believe the parent is a very important source of information regarding their child's potential and preferences for learning styles. Students will have an individual program that meets their needs. A performance evaluation is

conducted during the student's first three lessons. The certified teacher writes the goals and objectives for each student with information from parents, therapists, doctors, school teachers, IEP goals and the performance evaluation of the water.

The personal fitness programs are supported by a wide range of cardio, strength training, and individualize physical education equipment, also a basketball court and indoor track. Goals can range from Physical Education IEP goals to increasing and/or maintaining health and fitness that incorporates cardiovascular fitness, muscle strength, range and motion, endurance, flexibility and balance. Social and educational goals are also included in the students program. An individual program is then approved by the parents and lessons can begin.

A parent is along the pool side during each lesson. The student has a chance to complete requirements for Levels 1-6 in the American Red Cross Learn to Swim Program. An added plus to the program is also becoming an athlete on the Special Olympics -United- Wolf Pack Team, but it is not a requirement.

There are two sessions a year, the school session runs from September thru May and the summer session runs from June thru August.

The program is supported by the main pool and the therapy pool, as well as the Performance Center.

Sign up Today! (605) 328-1600
adaptiveaquatics@sio.midco.net