

## Pricing

Lessons are 30 minutes once or twice a week. Parents will decide the length and number of lessons with help from the teacher.

**Package A:** One student to a teacher  
30-minute lessons at \$25 per lesson

**Package B:** Two students to a teacher  
30-minute lessons at \$18 per lesson

**Package C:** Three students to a teacher  
30-minute lessons at \$15 per lesson

**Pricing for social fitness**  
\$3 per class

There are two annual sessions. The school session runs from September to May and the summer session runs from June to July.

Parents can pay through private pay, Supplemental Security Income, family support or a school district (IEP).



## Testimonials

*“The Adaptive Personal Fitness program has not only helped improve our daughter’s strength and balance but it’s given her an hour a week when she feels like a cool kid going to work out with her personal trainer at the gym. She always looks forward to her sessions.”* – Deb

*“Adaptive Aquatics has made such a difference. It’s changed not only my daughter’s muscle tone but her confidence as well! It’s given her additional strength and a love for swimming.”* – Mindy

*“Our daughter has come so far since starting the Adaptive Aquatics program! The team has not only helped her build muscle tone, improve her coordination and balance but they’ve also helped her gain confidence and independence.”* – Breanna

*“Our son recently started Adaptive Personal Fitness and loves it. Exercise wasn’t a priority for him before this, but since he’s joined, he’s really enjoyed it and looks forward to it each week. We would recommend this program to anyone.”*  
– Jeff and Deb

**Sanford Wellness Center**  
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Sioux Falls, SD 57106  
(605) 261-5716



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# ADAPTIVE PROGRAMS

## for SPECIAL POPULATIONS

**OWN YOUR WELLNESS.**





# ADAPTIVE PROGRAMS | for Special Populations

## What to expect

We tailor our programs to our students' needs.

During your child's first lessons, we'll conduct a performance evaluation to identify appropriate physical, social and educational goals. The program's certified teacher identifies goals for each student using information from the evaluation, parents, therapists, doctors, teachers and more.

We believe parents are an invaluable resource regarding their child's potential and learning style. Parents are consulted during each lesson and have final approval of their child's program.



## Our programs

- **Adaptive Aquatics** can help your child overcome a fear of the water, increase and maintain strength and balance or improve dexterity and fine motor skills. Students can also complete the American Red Cross Learn-to-Swim program in this class.
- **Adaptive Personal Fitness** includes cardio and strength training from a personal trainer.
- **Water Buddy Exercise** is an aerobics class where our adult members buddy up with a student. The class incorporates cardiovascular fitness, muscle strength, range of motion, endurance, flexibility and balance.
- **Social fitness groups** work on social and gross motor skills through physical team activities with peers. The season program is offered at both Sioux Falls locations.

Students in these programs can join the Special Olympics United Wolf Pack team.

**Sign up Today! (605) 261-5716**  
[adaptiveaquatics@sio.midco.net](mailto:adaptiveaquatics@sio.midco.net)

## Teacher

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 35 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:

- Adapted Aquatics Master Teacher
- South Dakota Teaching License
- 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 of the evaluation.

