

## SPECIAL NEEDS AQUATICS



**Description:** This program offered at the Munster High School Aquatic Center/Jon Jepsen Pool (Entrance I) began in the summer of 2015. There will be a focus on improving the five components of physical fitness often using the non-weight bearing environment the water provides. We will incorporate various pool/swimming and adaptive equipment into the activities. Those five components are: cardiovascular endurance, flexibility/range of motion, muscular strength, muscular endurance, and body composition. We believe this program is advantageous for those individuals with physical, mental, and emotional needs.

**Program Lesson Breakdown:** 1<sup>st</sup> 15 Minutes = Water Aerobics / Swimnastics Focus, 2<sup>nd</sup> 15 minutes = individual/small group needs, 3<sup>rd</sup> 15 minutes = Fitness Swimmer Activities, 4<sup>th</sup> 15 minutes = open/lap swim, organized games, free time, etc. (we will also include basic swim lesson techniques into our program)

**Requirements:** We will attempt to use the shallow four-foot area of the pool as often as possible. Students will also utilize the deep end with appropriate supports in order to work on laps, aerobics, and endurance. A parent/guardian is required to attend/observe. Everybody should bring their own swim suits, towels, goggles, and swim diaper for incontinent children.

**Instructors:** Anna Nasinska (Aquatics Director), Sandi Kurowski (physical therapist), and HS student volunteers (**lifeguard supervision**)

**Time and Cost:** 10:00 – 11:00am, \$10 per session (checks payable to Munster High School)

**Weeks:** Week of June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>

**Days:** Mondays and Wednesdays (High School and Middle School Ages/10 participants)  
Tuesdays and Thursdays (Elementary and Middle School Ages/10 participants)

**\*We will have our chair/lift available to help individuals both into and out of the water if needed.**

**For more information contact:**

**Anna Nasinska**  
**abnasinska@munster.us**  
**(219) 836 – 6260 ext. 2294**

## Special Needs Aquatics Sign-Up Form - Summer 2022

Please complete the following information accurately, and return it to your classroom teacher no later than the last day of school (May 23, 2022) with check payable to Munster High School (or MHS). Or, you can email this form to [abnasinska@munster.us](mailto:abnasinska@munster.us) and bring the check on your first scheduled day.

Parents' Names: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home Ph # : \_\_\_\_\_ Cell # : \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Ph # : \_\_\_\_\_

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<b>Full name and age of participant:</b>	
<b>Please circle week preference(s):</b>	<b>Please circle day preference(s):</b>
Week of June 6 <sup>th</sup>	Monday (HS & MS school ages)
Week of June 13 <sup>th</sup>	Tuesday (Elementary & MS ages)
Week of June 20 <sup>th</sup>	Wednesday (HS & MS school ages)
Week of June 27 <sup>th</sup>	Thursday (Elementary & MS ages)

**Please Describe Special Health Conditions/Restrictions:**

**Please Describe Individual/Small Group Need (Example = Lower Body Flexibility/Range of Motion):**

**Please Describe Swimming Ability/Skills & any goals you have for your participant:**

**Payment Information:** Cash or checks can be returned with the sign-up form on or before the last day of school to the classroom teacher. Or, can be brought with the parent on the first day of participation. You can pay for all sessions at one time, or per session. \$10 / per session

Method of Payment: \_\_\_\_\_ Cash \_\_\_\_\_ Check (check # : \_\_\_\_\_)