

SPECIAL NEEDS AQUATICS



Description: This program offered at the Munster High School Aquatic Center/Jon Jepsen Pool (I Entrance) began in the summer of 2015 (2nd Summer). 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 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: 1st 15 Minutes = Water Aerobics/Swimnastics Focus, 2nd 15 minutes = individual/small group needs, 3rd 15 minutes = Fitness Swimmer Activities, 4th 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 however participants should be able to swim comfortably in water that is deeper than they are tall. A parent/guardian is required to attend/observe or help in the water at all sessions. However, if their swimmer does not meet the swim requirement, then it is encouraged for them to be in the water. We are working on getting special needs student-assistants from the school year and possibly swim team members to assist in the water as well. Everybody should bring their own swim suits, towels, goggles, and swim diaper for incontinent children.

Instructors: Mat Pavlovich (Swim Program Coordinator, MHS Swimming Coach), Anna Nasinska (MHS Assistant Swimming Coach), Sandi Kurowski (Tuesdays and Thursdays), Janet Worries (Mondays and Wednesdays), and student assistants (**lifeguard supervision**)

Time and Cost: 11:00-Noon, \$40 per two weeks = 4 sessions or about \$10 a session (checks payable to Munster High School)

Weeks: Week of June 5th/Week of June 12th, Week of June 19th/Week of June 26th, Week of July 10th,/Week of July 17th

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.**

More Information:

Mathew Pavlovich

Teacher,

Girls and Boys Swimming Coach,

Swim Program Coordinator, MHS

219-836-3200 ext. 3504

mmpavlovich@munster.us

219-836-3224 (Fax)

Special Needs Aquatics, Sign Up Form Summer 2017

Please complete the following information accurately and email this form to mmpavlovich@munster.us and bring the check on your first scheduled day.

Please Indicate Group:

Mondays and
Wednesdays
High School And Middle
School Ages

or

Tuesdays and Thursdays
Elementary and Middle
School Ages

**Current 5th Graders
Should Stay In**

Parents' Names: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Email: _____

Home Ph # : _____ Cell # : _____

Emergency Contact Person: _____ **Ph # :** _____

Full Name and Age:
Please CIRCLE Week Preferences (We Encourage You To Attend All Weeks)
We want to keep every day at no more than 10 kids. If interest is higher than that, we may need to toggle participants between weeks.
Week of: June 5 th /June 12 th
Week of: June 19 th /June 26 th
Week of: July 10 th /July 17 th

Please Describe Special Health Conditions/Restrictions

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

Please Describe Swimming Ability/Skills

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 weeks at one time, or for every two weeks.
\$40/2 Weeks/4 Days or Sessions

Method of Payment: _____ Cash _____ Check (check # : _____)