Just For You Swim Syllabus

2017 School Year September-June

# Instructor Information

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| Instructor | Email | Class Location & Hours |
| **Andre Gresham** | [agresham@ymcaswm.com](mailto:agresham@ymcaswm.com) | NB YMCA Main & Therapy Pool. See Pool Schedule for times and days. |

# General Information

## Description

Adaptive Swim lessons to meet those with special needs. For many children with special needs, autism or otherwise, swimming can be a very therapeutic pastime. For autistic children water can be calming on sensory overloads, and in children with physical disabilities the water provides a weightless environment that is often very freeing. Just For You swim lessons unlock the benefits and enjoyment of water for those children, giving them a new lease on life.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

Children will learn at their own pace with Mr. Andre, our lead instructor. We do not expect each child to be at the same level and that is ok. We will adapt our swim lessons to meet each child’s needs. Children must be willing to participate in order to have a positive experience in the Just For You Swim Lessons.

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Swimsuit
* Towel

## Optional Materials (provided by student/family)

Goggles are optional (please no face masks)

# Course Schedule

Just For You Swim Lessons are performed on a session basis. Sessions meet for 7 weeks at a time with one class per week. It is recommended that your child practices their skills at home or come to The Y to practice their skills during an open swim time.

# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.