

## ADAPTIVE SWIMMING AT OSHER MARIN JCC AN AQUATIC THERAPY PROGRAM



The Osher Marin JCC Adaptive Swim Program is designed specifically for children and adults with special needs. Learning to swim is not only a lifesaving skill but also boosts self-confidence and improves coordination, balance, strength, and range of motion. The aquatic environment can be therapeutic and calming for swimmers with special abilities and those sensitive to sensory stimuli. Our Adaptive Swim Instructors have experience teaching the necessary skills at the appropriate time for children with a variety of special abilities, including but not limited to those with autism, ADHD, cerebral palsy, Down syndrome, and other physical, cognitive, and verbal challenges.

**REQUIREMENTS:** Prior to scheduling, you must submit a completed Registration form and Swimmer Information form. All forms can be found on the Osher Marin JCC website. Upon review of submitted forms, the Aquatic Therapy department will reach out to you to schedule.

Completed forms can be dropped off on site, emailed to [AquaticTherapy@MarinJCC.org](mailto:AquaticTherapy@MarinJCC.org), faxed to **(415) 491-1235** or mailed to the following:

Osher Marin JCC  
Attention: Aquatic Therapy  
200 N. San Pedro Rd.  
San Rafael, CA 94903

**TIMES:** BY APPOINTMENT ONLY. Please note that there is a fee for cancelling or rescheduling with less than 24 hours' notice (\$60 fee four hour-long sessions, \$30 fee for 30-minute sessions).

### **PRICING:**

- ADAPTIVE SWIM INSTRUCTOR – 30 minutes
  - Member: \$70 (5-pack \$300 / 10-pack \$530)
  - Public: \$80 (5-pack \$350 / 10-pack \$610)

Payment can be made by cash, personal check, VISA or Mastercard. Checks should be made payable to *Osher Marin JCC*; please include "Aquatic Therapy" in the memo line.

***The JCC does not participate in government reimbursement programs or bill insurance companies on participants' behalf.***

For more information, please call the Aquatic Therapy phone line at 415-444-8034 or e-mail [AquaticTherapy@MarinJCC.org](mailto:AquaticTherapy@MarinJCC.org)