Mission: To provide a fun, stimulating learning environment in the water that ultimately contributes to continued physical and social development of participants with differing abilities.

What is Adapted Aquatics?
Adapted Aquatics is a swim program for people ages 3+ with neurological, developmental, or physical disabilities. Through water activity, participants will learn swimming and water safety skills. Activities can be adapted to meet an individual’s unique needs which will ultimately lead to a stimulating, fun, and comfortable learning environment for everyone involved! Any individual above the age of three with a disability may participate in this program. Scholarships are available.

What are the Benefits of Water Exercise?
Because of the buoyancy water provides, many people with impaired mobility can function independently in the water. Movement in the water facilitates muscle relaxation as well as increased range of motion, mobility, strength, endurance, respiratory control, and balance. Time spent in the water can also increase the above functions on land.

How can I volunteer?
Adapted Aquatics is made possible with the help of volunteers. Anyone 16 and older can register to volunteer. Volunteers work one-on-one with participants to practice water safety skills and play games. All volunteers must participate in one training session and pass a criminal background check before working with participants. Volunteers must commit to 8, 1.25-hour weekly sessions plus one training session. You do not need to have experience in the water, just a positive attitude and the willingness to try new things! Contact the front desk at the Arne Hanna Aquatic Center or the Program Coordinator to get started!

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