

AQUA BUDDIES



Enjoy the therapeutic and physical benefits of swimming with a tailored program just for you but why not enjoy with your friends!

Whether you would like to participate in basic swimming and enhance your strokes, water aerobics, improve your fine motor skills, or enjoy hydrotherapy our Aqua buddies' programs is one we know you will love.

Participant goals to be achieved in this program:

- Getting familiar with water.
- Water safety skills.
- Motor skills activities.
- Improving strokes and swimming skills.
- Increase confidence.
- Improving health and overall well-being.
- Socialising and meeting new friends.



CONTACT

www.connecting2australia.org

Call: 1300 111 212

Email: info@c2a.org.au



Connecting2Australia
DISABILITY WITHOUT LIMITS

AQUA BUDDIES SWIMMING

PROGRAM TIMEFRAME: 12 WEEKS

Aqua buddies is a casual swimming program providing a variety of opportunities to engage you into the sport of swimming. Whilst this is not a learn to swim experience, those with basic swimming ability are encouraged to come along and experience the joy of swimming in a relaxed program with the support of dedicated support workers. We focus on getting familiar with water, improving strokes and water safety skills.

PROGRAM INFORMATION

WEEK	DATE	DAY	TIME	GOAL & PLAN
12 Weeks				To ensure you can receive the therapeutic and physical benefits of being a member of the swimming community and more opportunities to swim with friends. Each session is tailored to your individual needs.
1				Safety First - Swimming vests, floaties, & other floatation devices are critical if they are not a confident swimmer.
2				Water Aerobics.
3				Motor skills activities in the water - Pool Noodles.
4				Optional swimming strokes. (Freestyle, Backstroke, Butterfly, Breaststroke and Medley events).
5				Hydrotherapy.
6				Motor skills activities in the water - Flippers.
SIX WEEK PROGRAM REVIEW				Document program progress to ensure you have learnt new skills and are achieving your goals.
7				Water Aerobics.
8				Motor skills activities in the water - Obstacle Course.
9				Motor skills activities in the water - Pool Noodles.
10				Optional swimming strokes. (Freestyle, Backstroke, Butterfly, Breaststroke and Medley events).
11				Hydrotherapy.
12				Motor skills activities in the water - Pool Noodles.
TWELVE WEEK PROGRAM REVIEW				Review and Planning Day. This day is used to review the program to ensure you have learnt new skills and achieved your goals. What worked well and what needs improving for the program to be successful.

CONTACT

www.connecting2australia.org

Call: 1300 111 212

Email: info@c2a.org.au



Connecting2Australia
DISABILITY WITHOUT LIMITS