

SPECIAL NEEDS AQUATICS



Description: This new program offered at the Munster High School Aquatic Center/Jon Jepsen Pool (I Entrance) will begin in the summer of 2015. 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, free time, etc.

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), Sandi Kurowski (Tuesdays and Thursdays), Janet Worries (Mondays and Wednesdays), and student assistants (**lifeguard supervision**)

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

Weeks: Week of June 8th/Week of June 15th, Week of June 22nd/Week of July 6th, Week of July 13th,/Week of July 20th

Days: Mondays and Wednesdays (High School and Middle School Ages/10 participants)
Tuesdays and Thursdays (Elementary Ages/10 participants) (**Current 5th Graders Should Stay In Elementary Group**)

***We will have our chair/lift available to help individuals both into and out of the water if needed.**

More Information: Mathew M. Pavlovich
Swim Program Coordinator, School Town of Munster
Head Swimming Coach, Munster High School
Senior Coach, Munster Swim Club

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219-836-3200 ext. 3504
mmpavlovich@munster.us

Special Needs Aquatics, Sign Up Form Summer 2015

Please complete the following information accurately, and return it to your classroom teacher no later than the last day of school.

Parents' Names: _____
 Address: _____ City: _____
 State: _____ Zip Code: _____ Email: _____
 Home Ph # : _____ Cell # : _____
Emergency Contact Person: _____ Ph # : _____

Please Indicate Group:

Mondays and
Wednesdays
High School And Middle
School Ages

or

Tuesdays and Thursdays
Elementary Ages

**Current 5th Graders
Should Stay In
Elementary Group**

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 8 th and June 15th
Week of June 22 nd and July 6th
Week of July 13 th and July 20th

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 # : _____)