



Red Cross Swim for Swimmers with Disabilities

Every child should have an opportunity to learn to swim!

To support parents and caregivers with learn-to-swim for their child with a disability, Red Cross has provided our certified Swimming and Water Safety Instructors and aquatic facilities with the tools they need to help ensure swimming lessons meet your swimmer's needs. This is not a separate program but a modification of Red Cross Swim programs.



The Canadian Red Cross worked with an expert technical group made up of professionals who work with individuals with disabilities. The goal was to develop a series of resources for Instructors to work with swimmers with disabilities and their families to allow them to participate in Red Cross Swim Preschool or Red Cross Swim Kids programs.

By using specialized resources, Red Cross Swimming and Water Safety Instructors can ensure swimmers are placed in the level appropriate to their **individual abilities**. Instructors can offer the program in **achievable steps**, support learning or communication needs, and be better able to adapt Red Cross Swim Preschool or Red Cross Swim Kids to your swimmer.

Instructors will include swimmers in Red Cross Swim Preschool or Red Cross Swim Kids group lessons or offer one-on-one or small-group classes.

Swimmers with disabilities continue the **progressions** used in the Red Cross Swim Preschool and Red Cross Swim Kids programs. The progressions are broken down into small, manageable steps to create a positive learning environment and make the success of each swimmer more achievable. This will help the swimmer progress at their own pace.

For some swimmers, skills may be acquired very slowly. Repeating learned skills and integrating new skills in very small steps can help a swimmer move along the skill progression **more effectively**.



Ask your local aquatic facility for more information about options for swimmers with disabilities.