



Aquaracers' Special needs Swim Lesson Program

1. General Information

Types	Days	Time Slots	Period	Fee
Special needs	Either Tuesday or Thursday	7:00 PM (1 hour long)	June 26th ~ Aug 23rd (Total 9 weeks)	\$ 550 + \$ 30 Membership
	Either Saturday or Sunday	3:00 PM (1 hour long)	June 23rd ~ Aug 19th (Total 9 weeks)	\$ 550 + \$ 30 Membership

2. Curriculums

Level	Contents	
Physical disability	Water movements	Walk / Run / Jump / Stretching
	Adaptation	Breathe / Floating / Submergence
	Learn to Freestyle	Kick / Stroke / Side-Breathe / Combination
Intellectual disability	Water movements	Walk / Run / Jump / Stretching
	Adaptation	Familiar with water / Breathe / Floating
	Strengthen & Balance	Squat / Jumping squat / Leg raise

※ Prior to enrollment, we need to meet the family and assess the goals of each student

3. Swimming Pool Location Information

“Boys & Girls club of Passaic” (Address: 14 Hudson St, Passaic, NJ 07055)

4. Contact

- Coach Michael: 760-440-7946 (Office) / 201-970-6513 (Cell)
- E-mail: aquaracerswimteam@gmail.com