

SPECIAL NEEDS AQUATICS



Special Needs Aquatics

Many people in the community have special needs at some time or other. Be it rehabilitation, age related, physical disability, mental health or a combination - everyone can achieve feelings of well-being in water.

H²O Xtream encourages people with a disability to participate with their peers in an inclusive environment as they develop their individual skills in water.

Water is a nurturing environment and with the empathetic and professional approach of our instructors, many skilful achievements are possible.

Working with our instructors in the water provides a positive learning experience and benefits on many levels including:

- Movement skills
- Fitness
- Social skills
- Trust
- Cognitive stimulation
- Language development
- Independence
- Achievement
- Fun!

Inclusion in classes needs to be carefully considered to find the right situation at the right time for special needs.

We can offer one to one private lessons for all special needs.

Rates are negotiable, conditions apply but help is also available to find possible funding.

We are experts in activities in water for all people, please contact us about your requirements.

Please contact us if you have any queries.

get set to get wet

