

KICKSTART

The KickStart Program provides swimming lessons for children with autism, communication difficulties, sensory processing difficulties and developmental delay. Skills are taught at a level appropriate for each child, with an emphasis on safety and enjoyment. KickStart is focused on teaching children aged 3 – 12.



KickStart lessons are designed to develop skills in the following areas:

Water Familiarisation: Become comfortable in the pool environment and entering the water in a calm manner.

Water Safety: Entering the water safely, floating and moving to the edge of the pool.

Breath Control: Blowing bubbles, closing the mouth in water and turning the head to breathe.

Swimming skills: Kicking legs, arm movements, floating and moving through water.

Key features of the KickStart swimming program;

Small class sizes: Maximum of 4 children per class.

Students Preparation: Water familiarisation strategies and visual aids are used to prepare children for the pool environment.

Communication: Time is provided for regular discussion between parents and the swimming instructor.

Visual Aids: Picture cues are used during all lessons, to assist children's understanding of instructions and activities.

Teaching Strategies: Instructors understand the value of structure and consistency in lessons.

TRAINING DAY

HORSHAM SPORTS AND COMMUNITY CLUB

20 OCTOBER

9:00am – 4:30pm.

If you would like any more information regarding the KickStart Program please contact the Wimmera Regional Sports Assembly on (03) 5382 4599