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Introduction

- What is Just Keep Swimming
- Why I started Just Keep Swimming
- What we do/ Focus
- Discuss in detail –Benefits of the Adaptive Aquatic Environment

Ability

- What is 'Just Keep Swimming'

Heart

- Why I started Just Keep Swimming

Vision & Mission

- Vision is to enable kids with neurological or developmental disabilities to enjoy the water.
- The mission of Just Keep Swimming is teaching kids and youth with neurological or developmental disabilities to swim confidently, play safely and exercise comfortably in the water.

Programming

- Private Lessons
- Semi – Private Lessons
- Small group Lessons
- Rehabilitation exercise

Rehabilitation

- Easier to perform movements
- Hydro static pressure → improve breathing
- Warm water major benefits

Low Impact

- Free floating
- Freedom
- Increase proper posture and stability

Sensory Deprivation

- Sound
- Surroundings

Breathing & Speech

- Bubbles
- Deep chest breathing
- Hydrostatic Pressure

Peer Building & Relationships

- Friendships
- Trust between instructor and participant
- Team/ Group atmosphere

Confidence

- Sense of Accomplishment/ Success
- Freedom
- Participation

Safety

- Peace of mind for family and parents
- Vacation
- Friends Parties

Instructors

- Trained
- Experienced
- Passionate
- Patience

Summer Camp

- Week long Day camps
- 1 lesson a day
- Peer groups
- Exposure to new Sport activities

Thank you!

- Exciting
- Safe
- Fun