

*Gain confidence and develop skills in a supportive environment*

# Learn to swim



Increase water confidence, water safety and awareness



Develop and refine swimming strokes



Swimming lessons for all ages

**The Rapids Swim: Learn to Swim program provides the opportunity for children and adults living with disability to increase water confidence, water safety and awareness. We support you to develop and refine the swimming skills needed to transition into community based swimming options, such as mainstream group lessons and the ability to be safe and have fun in aquatic environments.**

- > Instructor to client ratio 1:1
- > Sessions conducted by fully qualified welcoming and supportive swimming instructors
- > 30 minute sessions
- > Support transitioning into and out of the pool
- > Personalised sessions catering to individual goals

Rapidswim: Learn to Swim sessions provide 1:1 support to enable you to work toward your goals:

**Safety in Aquatic Environments** – Develop water awareness and confidence to be safe and have fun in aquatic environments

**Skills Development** - Develop and refine swimming strokes needed to transition into mainstream group lessons or swimming squads

**Communication and Social Skills** – To explore methods of meaningful communication, following instructions, turn taking and sharing

**Health and Wellbeing** – To improve my self-confidence by learning to be safe and have fun in aquatic environments, whilst improving my health, fitness and endurance through physical activity

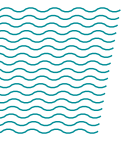


## Locations and program times:

Minda Aquatic Centre	Wednesday 6.00pm - 8.00pm & Thursday 6.00pm - 8.00pm
Hampstead Rehabilitation Centre	Wednesday 4.00pm - 6.30pm & Saturday 10.00am - 12.30pm
Noarlunga Leisure Centre	Tuesday 5.00pm - 8.00pm
Thebarton Aquatic Centre	Saturday 12.30pm - 3.00pm
Golden Grove Swim Centre	Saturday 1.00pm - 3.00pm

For further information and to register your interest go to:  
[www.inclusivesportsa.com.au/learntoswim](http://www.inclusivesportsa.com.au/learntoswim)

NDIS registered provider



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# Learn to swim & the NDIS



## Learn to Swim Fees:

It is important to note that the NDIS will not cover the cost of participating in sport and recreation activities such as swimming lessons. However if you require one to one support to be able to participate in a swimming lesson, the NDIS may cover the additional cost for individualised support.

**Lesson fee \$24 per session ANNUAL QUOTE: \$960 (cannot be claimed in NDIS plan)**

**+**

**Specialised 1:1 fee \$22.50 weekday lesson /\$31 weekend lesson (may be claimed in NDIS plan)**

**ANNUAL QUOTE: Weekday Lessons \$900 / Weekend Lessons \$1240**

## My Goals:

The NDIS supports provided in your plan will be directly related to your goals and aspirations. If learning to swim and water safety are goals that you would like to achieve, RapidsWim: Learn to Swim sessions can help you work toward achieving these outcomes:

- > **Safety in Aquatic Environments**
- > **Swimming Skills Development**
- > **Communication and Social Skills**
- > **Health and Wellbeing**

## How to claim the “Specialised 1:1 Fee” in my NDIS plan:

If your NDIS plan is Self Managed or Plan Managed:

**Core Supports** ..... > **Social and Community Participation**

**Capacity Building** ..... > **Social and Community Participation**

If your NDIS plan is Agency Managed:

**Core Supports** ..... > **Social and Community Participation (This portion of the plan MUST be self managed)**

**Capacity Building** ..... > **Social and Community Participation (Innovative Community Participation)**

For further information or to register your interest:  
**w:** [www.inclusivesportsa.com.au/learntoswim](http://www.inclusivesportsa.com.au/learntoswim)  
**e:** [rapidswim@inclusivesportsa.com.au](mailto:rapidswim@inclusivesportsa.com.au)  
**p:** 8122 6730

