

Where to Find Adaptive Swim Lessons

Adaptive Swimming



Swimming is not only a valuable life skill, it's a critical safety tool. For autistic individuals, the risk of drowning is significantly elevated. Learning to swim in a supportive, adaptive environment builds confidence, increases independent mobility, and can dramatically reduce risk.

Where to Find Adaptive Swim Lessons

Here are some national swim facilities and local places to ask about adaptive or special-needs swim lessons:



- **SafeSplash Swim School:** Offers Adaptive Aquatics at participating locations. safesplash.com
- **Big Blue Swim School:** Provides Adaptive Swim Lessons using the Swim Whisperers® method. bigblueswimschool.com
- **British Swim School:** Provides Adaptive Swim Lessons at participating locations. britishswimschool.com
- **Local YMCA:** Many YMCAs offer adaptive swim or “special needs” swim lessons. Ask your local YMCA branch or search online.
- **Other Local Options:** Check community recreation centers, parks & rec departments, or disability-focused organizations in your area for adaptive or inclusive swim programming.



Tips & Recommendations for Families

Tour the pool during a lesson, meet the instructor, and share your child's needs. Start with private or small-group lessons to reduce overstimulation, use visual supports, and break skills into manageable steps.

It's always wise to keep the same instructor and schedule for consistency, as well as focus on core water-safety skills. Be sure to use your child's interests to keep lessons engaging. Consider full clothing for the final lesson to practice realistic self-rescue skills.