

Ready, set go.

We are definitely play based. We do have a fair bit of aquatic toys that we can use. We use pool noodles for a variety of things. We use them to build tunnels, we use them to build houses, then we use them to sit on and to lay on.

I like the activities like we can play games, we can race, we could go on the treadmill, we could swim, we could talk to each other. I have a friend named Jordan, he's nice and we race each other. And we accomplish goals together. It's really fun.

Some of our children don't walk independently, but in the water they can stand. So if they're non-applicatory, not walking, we will work on standing because that's a really important skill to have as the child grows up. To be able to support their own weight during transfers. And we'll also bring in movement concepts. Laterality, right left, up down, in out. So sort of all the elements of a physical education class in the schools they would be touching on from k to grade 6. One of the reports from parents anecdotally has been that their children's speech improves. The speech therapists even feel that it's from strengthening the respiratory muscles because they have to breathe while there body is underwater, adding some resistance.

I like having fun with my friends. And I like playing the opening game and closing game because it's so fun and cool.

We go back forth, back forth.

And I will just swim. Up and down up and down. And then through the waves. That what I did.

Children are coming back semester after semester so leads me to believe that they are having fun and benefiting from the program.

I've noticed that his balance is actually getting a lot better. A lot of the stuff that they have been doing in the pool has been like on balance board and you know, just using a lot of your core muscles. His motor planning skills are really bad. And it's been really fun to kind of see him doing things that he can't usually do and that's actually helped him in other aspects. You know, just things like we have stairs, and I noticed going up the stairs is a lot easier for him now. The thing that I like the most about it is not only that it's a collaborative effort, but they have a sense of you know, how my son is feeling that day and will change things to kind of accommodate his needs for that day. So some days you know he has a hard time just getting into the water, other days he's happy so they try to push him a little bit more. Yeah, I've been very impressed with everybody here.

We have a whole group of children with cerebral palsy. We have some children with autism spectrum disorder. One child with just hypotonia, which means low muscle tone. Several with seizure disorders and we have one or two with some quite rare genetic disabilities. We do accept all levels of disabilities.

When I hear about kids with disabilities not being able to be as active or be able to do the simple things that I used to do when I was a kid, it kind of makes me realize that they need my help. They're crazy, they're a lot of fun, you know they will make you smile for sure, great personalities, just want to make them happy, and get them active, its really important.

The last five minutes we have a closing activity. And that's just some sort of fun game to end on just having a little bit of group fun.