

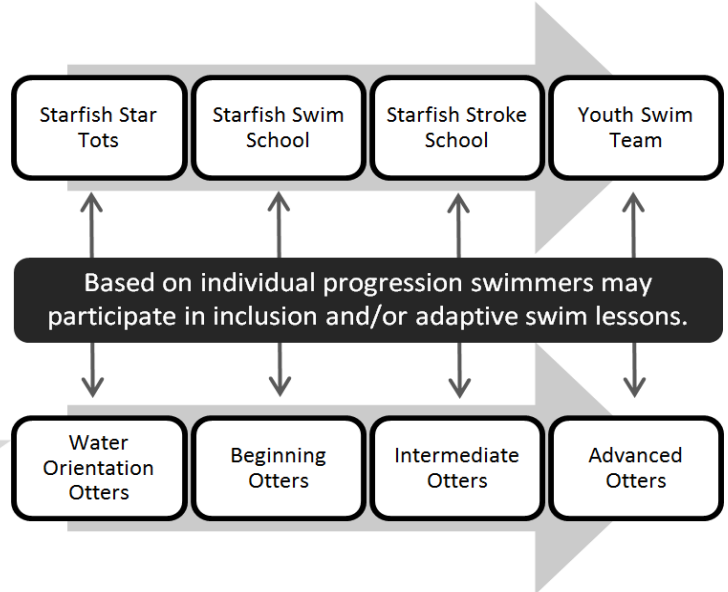
Salt Lake County Swim Progression:

Our goal is to offer “proven” swim progression opportunities for all children. We offer group/inclusion lessons (Starfish program) and/or adaptive lessons (Otters program) for individuals with intellectual disabilities.

Inclusion Swim Progression

Adaptive Swim Progression

Initial Assessment Required



Otters Swim Club Progression:

Level	Prerequisites	Goals / Outcomes
Water Orientation: Comfort Doesn't like getting their face wet, can't swim at all, might be afraid of the water	Any age * Very young children will need a parent or assistant in the water with them	Comfortably go under water without plugging nose Do relaxed front and back floats with assistance Ask permission before swimming Educate caregiver on water safety for their swimmer
Beginning: Independence Can get face wet and go underwater Cannot swim or keep self up in deep water	Ages 3+ Can go under water without plugging nose Can front and back float with assistance	Swim forward for half the length of the pool In deep water, jump in and swim out 10 feet and return to wall
Intermediate: Technique Can tread and swim to keep self up, but has no recognizable stroke technique	Ages 3+ Swim forward for half the length of the pool In deep water jump in, swim out 10 feet, and return to wall	Swim freestyle with side breathing & good technique for the length of the pool Tread water for 30 seconds Optional participation in swim meets
Advanced: Endurance Can swim the length of the pool with recognizable stroke technique	Ages 3+ Can swim the length of the pool with a recognizable stroke Treads water for 30 seconds	Learn skills used on swim teams. Improve technique for multiple swim strokes Participate in swim meets Increase endurance

Frequently Asked Questions

What is inclusion?

Inclusion is where individuals of all abilities can recreate together in a safe environment. The Otters is a specialized recreation program for individuals with intellectual disabilities but it's not your only option for swimming as we also offer inclusive group swim lessons. Contact *any* Salt Lake County facility to sign up for swim lessons and request inclusive services. Reasonable accommodations will be made based on individual needs.

Is this swim club right for my child?

Otters is specifically designed for children who may have a hard time learning in a traditional swim lesson setting. If your child needs frequent prompting to stay on task, extra motivation to try new things, is easily distracted, or learns much better with a set routine, the Otter swim club might be right. If you are unsure whether to try inclusion/group lessons or the Otters, come to an Otters assessment for a professional recommendation.

Why do we need an assessment to join the Otters?

Prior to registration a required assessment helps us get to know your child to better meet their needs. We assess swim skills so they are placed in the correct level, and an intake form allows you to tell us your child's needs, favorite things, triggers, and any concerns and suggestions for teaching your child.

Are all Otters levels offered at all locations?

No, all levels are not currently offered at all locations. This is a new and growing program which will be expanding as we have trained staff and appropriate pool time and space. If you are interested in a certain level at a certain location that doesn't offer it, contact the Aquatic Coordinator and let them know you would be interested.

Is there a waiting list for this program?

There may be waiting lists for the Otters at some or all locations. This program is in high demand, but we seek to place as many participants as quickly as possible. Once you are in the program, instructors may recommend repeating or moving up a level. Prior to being placed on the waitlist, swimmers must attend an initial assessment.

- All swimmers interested in Otters must attend a one-time initial assessment.
- A caregiver must be present to fill out our intake form.
- Swimmers will be in the water for a short skill test (wear a swim suit).