

SWIMMING & AQUATICS

WHAT TO EXPECT:

Make a splash with swimming & aquatics!

Swimming & Aquatics is designed for athletes of all abilities, providing a fun, supportive environment to build confidence, improve skills, and enjoy the water. Whether you're looking to get comfortable in the water, refine your technique, or compete - there's a place for you! Join us in the pool and discover the freedom and joy of swimming.



JOIN THE GAME:

Our athletes participate in swimming & aquatics with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Spina Bifida
- Post CVA (Stroke)
- Spinal Muscular Atrophy
- Osteogenesis Imperfecta

EQUIPMENT

- Sportable in collaboration with NOVA Aquatics & Sheltering Arms will provide all equipment necessary including:

- Kickboards
- Floatation devices
 - Life jackets, pool noodles, etc
- Aquatic fitness equipment



COMMON ADAPTATIONS*

- Neck collars provide additional support to keep your head and neck above water
- Unlike traditional life jackets, back floatation devices can be worn which allow free arm movements for the user to practice swimming techniques
- Buoyancy belts can be worn around your back to maintain vertical balance in the water



Buoyancy Belt

HOW IT WORKS

- Sportable offers two programs:
 - The Swimming Program with NOVA of Virginia Aquatics is geared towards athletes with basic swimming skills from Novice to Competitive looking to learn more advanced skills, compete, and build endurance!
 - Join for one-on-one support, team practices, and open swim
- The Aquatics Program with Sheltering Arms takes place in a therapeutic pool and is geared towards youth athletes, athletes with limited motor function, and athletes interested in learning how to swim!
- Sportable's skilled staff and volunteers will assist you in transferring into the water if needed!



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

