

AQUATICS

Aquatics is geared towards youth athletes, athletes with limited motor function, and athletes who are interested in getting comfortable in the water and learning how to swim.

EQUIPMENT

Sportable, in collaboration with Sheltering Arms, will provide all equipment necessary including:

- Kick boards
- Flotation devices
- Life jackets, pool noodles, etc.
- Aquatic fitness equipment



HOW IT WORKS

- 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!



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
- Arthrogryposis
- Spina Bifida
- Post CVA (Stroke)
- Spinal Muscular Atrophy
- Osteogenesis Imperfecta
- Club foot

COMMON ADAPTATIONS

- Neck collars provide additional support to keep your head and neck above water.



- Unlike traditional life jackets, back flotation 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.

