

SWIMMING

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

EQUIPMENT

Sportable, in collaboration with NOVA Aquatics, will provide all equipment necessary including:

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



HOW IT WORKS

- 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.



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

COMMON ADAPTATIONS:

- Ankle straps can be utilized to support athletes by keeping the legs from drifting apart while in the water. It is ideal for athletes who have lost functioning in their legs.

