



A FUN WAY TO BUILD SKILLS

Our Rapids swim programs help you to gain confidence and develop skills in a supportive environment.

Choose from **Hydrotherapy** where our therapists will tailor sessions to your needs. Sessions are conducted by fully qualified Occupational Therapists, Physiotherapists and Speech Pathologists.

Join our **Learn to Swim** program to increase water confidence, water safety and awareness, develop and refine swimming skills and improve your health and wellbeing.



Find the right program for you.

Hydrotherapy

1:1 sessions are tailored to you and can include:

- sensory integration.
- gross motor skills.
- fine motor and hand skills.
- communication skills.
- social skills.
- water safety and awareness.

Learn to Swim

30 minute sessions focussing on:

- water confidence, safety and awareness.
- communication and social skills.
- skills development.
- health and wellbeing.

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FIND OUT MORE

Contact our friendly team for more information about our Rapids swim programs.



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