

1613 – Halliwick / Swimming for Moderately to Severely Challenged Children

Beginner / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 1:30-4:45 pm – 3.0 credit hours

(Classroom: 1:30-3:00 pm / Pool: 3:15-4:45 pm)

Faculty: Katrien Lemahieu, MSEN, ATRIC – Halliwick

Vicki Hames-Frazier, Adapted Aquatic Specialist – Swimming for Moderately to Severely Challenged Children

Halliwick

COURSE DESCRIPTION: The approach in this workshop is the 10-step program to go from vertical to horizontal, as used in the traditional Halliwick and Water Specific Therapy (WST; training in water for better functioning on land) toward the first steps for water safety and survival skills in the aquatic medium. This not only provides a wonderful and fun environment, but also gives more independent motivation to practice in the water for better physical skills.

COURSE OBJECTIVES:

- 1) Determine the 10 steps of Halliwick.
- 2) Explain the difference in Water Specific Therapy (WST).
- 3) Utilize the vertical to horizontal approach.
- 4) Explore severe challenges.
- 5) Experience different options for better functioning in water and land.

FACULTY: Katrien Lemahieu, MSEN, ATRIC, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProOZo* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).

Swimming for Moderately to Severely Challenged Children

COURSE DESCRIPTION: When teaching children with special needs, the skill or desired outcome may not come easily or quickly. We will first work on “water acclimatization” or being comfortable in and around the water. Surprisingly enough, this process begins even before they step foot into the pool area. Next is the swim progression using their pace as a guideline. We will discuss lack of focus/distractibility, sensory input, communication and tactile/tactile defensive issues in the pool. Down’s Syndrome and Autism Spectrum Disorder are the focus of the pool progressions we’ll use.

COURSE OBJECTIVES:

- 1) Review the evidence-based physiological and psychological issues that moderately to severely challenged children may have.
- 2) Identify safety standards regarding severely challenged children.
- 3) Experience several options for water acclimatization progressions.
- 4) Experiment with swim skill progressions.
- 5) Completely review all equipment options for head-righting, asymmetrical bodies, and severe behaviors.

FACULTY: Vicki Hames-Frazier, Adapted Aquatic Specialist, is the Aquatic Specialist at High Point School in Ann Arbor, Mich., where she has worked for 32 years. She works with students ranging from 3-26 years with various physical, intellectual, social, emotional, and behavioral disabilities. She conducts a swim program called Aquagirl Aquatics, which provides one-on-one instruction/therapy for special needs adults and children. Her coaching and nursing experience play an integral part in her programs.

