



SPECIAL NEEDS AQUATIC TRAINING PROGRAM AT THE BEEDE SWIM & FITNESS CENTER

The Beede Center, located at 498 Walden Street, Concord is introducing a seven week aquatic training program for people with special needs.

To participate in this training program participant must be able to safely swim 25 yards in 7 feet of water. Freestyle, backstroke and breaststroke will be developed and butterfly will be introduced. Participants will work on technique and endurance throughout this program as well as increase participant's level of physical fitness. Focus will be on participant's ability as well as emphasis on safety, having fun, social interaction and developing positive self-image through successful participation.

Participants will work with American Red Cross Water Safety Instructors and a group of specially trained volunteers. All program and pool staff at the Beede Center is certified in ARC Lifeguard Training, CPR, AED and First Aid.

This program is open to individuals from Concord/Carlisle. Must be at least 8 years of age and meet the swimming prerequisite. All participants must provide parental and medical releases.

Session: Tuesdays, April 6th through June 8th (no class on April 20th)

Time: 4:30 – 5:30 pm

Cost: \$115

Class Limit: 10 participants

Enrollment begins: March 15th by calling 978-287-1003