

SWISD Aquatic Center
Swimming (C)

Sensory Sensitive Swim Lessons Sept 29 - Oct 22 (T& Th) 4:30pm - 5pm

Developed for those with sensory sensitivities offered in a calm environment with smaller instructor ratios and less distractions. If parents want to get in with their swimmer to assist they are more than welcome to. This session consists of eight, 30min swim lessons with SWAC staff. Day one will include water acclimation, safety, and skills evaluation. Beginners will learn to enter and exit the pool, blow bubbles, and work on becoming comfortable with submersion as well explore basic skills such as floating, treading water, kicking and gliding. Intermediate swimmers will learn the fundamentals of freestyle (front crawl), backstroke, and potentially breaststroke and butterfly kicks. Improving arm and leg movements, breathing techniques, and overall efficiency in the water will be key before moving to advanced. Advanced swimmers will begin to put the fundamentals skills of each stroke together and start swimming longer distances. All students will be exposed to the importance of adult supervision and knowing how to react in a pool emergency and how to reach safety in case of an emergency.

Camp Start Date:

September 29, 2026

Start Time:

4:30 PM

Camp End Date:

October 22, 2026

End Time:

5:00 PM

Date Details:

Sept 29, Oct 1, 6, 8, 13, 15, 20, 22

Venue Name:

SWISD AQUATIC CENTER

Venue Address:

9290 SW LOOP 410, SAN ANTONIO, TX 78242

Camp Cost:

\$60.00

Questions:

Kristin Libardoni

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Special Notes:

No diapers allowed; participants must be potty-trained. Students should come ready to swim with their swimsuits on, towel in hand. If you have questions please give us a call at 210-622-4900. Ratio is two kids to one instructor, instead of the five kids to one instructor during LEVEL based lessons. Cancellations due to weather will not be rescheduled.