



# AUTISM SWIM FAQ'S





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## What Is AustSwim?

AUSTSWIM is a specialised, all abilities swimming and water safety programme, specifically designed to accommodate for the learning styles of our neurodiverse community. Classes are structured to ensure that people of varying skill levels, including those with disabilities, can participate and enjoy the benefits of swimming.

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## How Is AustSwim Different?

People living with Autism often have unique learning needs. AustSwim is different to typical swimming lessons and water safety programmes as it is specifically designed for people with a disability which may prevent them being able to participate in mainstream lessons.

AustSwim caters for all abilities, offers lower participant-instructor ratio's, and offers an individualised learning programme specifically designed to meet your needs.

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## What Adjustments Are Made?

Adjustments are made to mainstream water safety and swimming programme to accommodate for the unique learning styles of our neurodiverse community. As well as adjustments to teaching modes and methods, several other adjustments are made; smaller class ratio's, reduced sensory experiences in the pool environment (*exclusive use of the pool!*) and amendments to the scheduling and programming of lessons.,

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## What Will My Child Learn?

Beyond the basics of personal and water safety, participants will learn, safe entry and exit of pools, entering and re-surfacing from water, pushing, pulling, turning, and other basic movements, floating, breath control and moving safely in the water.

More advanced programmes teach stroke development and technique

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My Child Doesn't Have ASD, Can They Join?

Yes, of course!

There are many people who do not have a formal diagnosis although, may struggle in larger group settings, or with traditional teaching and learning techniques. Perhaps your child has sensory aversions or experiences other barriers accessing mainstream lessons. If this is you, your child, or someone you know – they are welcomed with open arms in our programme!

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What Qualifications Do Instructors Hold?

Our instructors are qualified Swim Teachers who also hold post-graduate qualifications in Autism, with a minimum of 5 years experience supporting neurodiverse children.

Some of our instructors are also qualified Behaviour Support Practitioners!

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Are 1:1 Sessions Available?

Yes!

If your child requires or would feel more comfortable with a private, 1:1 session, we are more than happy to accommodate their needs.

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Where Are Lessons Available?

Lessons will be available in Forbes, Parkes, Orange and Dubbo. Times and dates of these sessions may vary due to seasonal opening hours of some pools in the area

School holiday intensives will be available subject to availability.

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Do Parents/Carers Need To Attend?

Yes! A responsible person needs to attend the lessons although, they do not need to participate (in water).

If there is no availability for a responsible adult, please let us know and we will aim to accommodate you!

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What Is The Cost Of Lessons?

The cost of lessons varies depending on the length of the lesson time, and group size.

Lesson prices vary from \$50 - \$110.

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Can I Use NDIS Funding?

This is a grey area and will depend on the funding your child has access to through the NDIS, and their goals. Usually, Swimming Lessons are assumed a general expense for families however, AquaTherapy can be funded through the NDIS. We are happy to help you clarify if your child's NDIS funds can be used to cover the cost of lessons with us!

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How Do I Enrol?

EOI's are now open for 2024 lessons. If you would like to submit an EOI or enroll your child in classes, please complete the form on our website, or contact us directly!

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# Contact Us

If you have a question you are unable to find an answer to, please do not hesitate to contact us directly via our website, email, or phone.

✉ [info@quantumbehaviour.com.au](mailto:info@quantumbehaviour.com.au)

