SWIM INSTRUCTION

Below are locations in the immediate area that offer swim lessons to the community. If you have additional resources to suggest, please contact our office at info@autismsocietymd.org.

ANNE ARUNDEL

The Severna Park Community Center runs the **SEALS (Social, Educational, All Welcome, Limitless, Swimming)** program, which provides free swim lessons for children and adults with disabilities, including Autism. Available from September to June, the program offers weekly group lessons, private lessons, and a swim team option. Questions regarding the program can also be directed to Shelly Beigel, director of programs and partnerships. She can be reached through the center's main phone line, 410-647-5843, or via email at sbeigel@spcommunitycenter.org

Anne Arundel County Department of Recreation and Parks offers adaptive programs, which include swim classes designed for children and teens with disabilities. For more information, call (410) 222-7313 or visit the Adaptive Programs page.
Adaptive Programs | Anne Arundel County Government (aacounty.org)

Arundel Olympic Swim Center and North Arundel Aquatic Center provide year-round aquatic programming, including swim lessons. While they don't explicitly list Autism-specific classes, they offer various swim programs that might accommodate special needs with prior arrangements. Contact the Arundel Olympic Swim Center at (410) 222-7933 and the North Arundel Aquatic Center at (410) 222-0090.

The Y in Central Maryland offers swim lessons, with locations in Arnold The Y in Arnold (Greater Annapolis) | The Y in Central Maryland (ymaryland.org) and Pasadena The Y in Pasadena | The Y in Central Maryland (ymaryland.org). They provide inclusive programs that can be beneficial for children with Autism.

*These facilities emphasize creating a supportive and accommodating environment for all participants, so reaching out directly to discuss your specific needs can help ensure a suitable program.

HOWARD

SWIM PROGRAMS WITH ADAPTIVE LESSONS

Howard County Recreation and Parks iCan Swim is designed to help participants achieve their aquatic goals and learn valuable water safety skills during a weeklong program.
Contact Susan Potts at 410-313-4628 or spotts@howardcountymd.gov

Pearl Krongard Swim School provides instruction to individuals with special needs, including children and adults with Autism.
8910 Stanford Blvd., Columbia, MD 21045
443-845-4200
pearl@pkswim.com
https://pkswim.com/

Safe Splash Swim School offers an Adaptive Aquatics program that focuses on developing comfort in the water and water safety and teaches the basics of swimming to the extent a child's physical and developmental ability allows. Locations in Jessup and Laurel.
https://www.safesplash.com/

> **Jessup**
> 7351 Assateague Dr. Ste. 394, Jessup, MD 20794
> 443-776-8422
>
> **Laurel**
> 909 Washington Blvd, Laurel MD 20707
> 240-200-5263

Columbia Association offers private and group lessons at indoor and outdoor pools over the summer.
https://columbiaassociation.org/sports-recreation/pools/classes/swim-lessons/

Goldfish Swim School in Columbia offers swim lessons for children up to 12 years old.
9315 Snowden River Parkway, Columbia, MD 21046
410-421-7185
https://www.goldfishswimschool.com/columbia/

MONTGOMERY

SWIM PROGRAMS WITH ADAPTIVE LESSONS

The **Arc of Montgomery County's After All program** is a supervised after-school & summer program for **pre-teens and teenagers**. Programs include computer skills development, arts & crafts, outdoor recreation, games, homework assistance, & **swimming**.
Website: https://thearcmontgomerycounty.org/what-we-do/children-youth/youth.html.

Sunsational Swim School in Rockville offers swim lessons for individuals with Autism and other disabilities.
Website: https://www.sunsationalswimschool.com/swimming-lessons/Rockville-MD
Adaptive swim page: https://www.sunsationalswimschool.com/special-needs-swim-lessons

Goldfish Swim School in Rockville has a "Golden Learners" swim program for special needs children ages 4 months – 12 years. Note: Exceptions for children age 12+ if it's a good fit.
https://goldfishswimschool.com/rockville/programs/golden-learners

SwimLabs - Montgomery County in Gaithersburg offers adaptive aquatic programs, including private swim lessons for special needs.
MoCo Website: https://www.swimlabs.com/locations/montgomery-county-md
Adaptive swim page: https://www.swimlabs.com/locations/montgomery-county-md/special-needs-swimming-lessons

SPORTS PLUS offers unique structured sports programs for participants ages 5 to 26 with Autism, ADD/ADHD and other developmental disabilities and who are able to follow simple directions.
The **Summer 2024 JCC Indoor Swim Program (6 weeks)** includes one-on-one private lessons.
Website: https://www.playsportsplus.org/event-5724909

Kids First Swim School offers special needs-friendly swim programs with small-group, semi-private, and one-on-one options. Programs of 6-week sessions are designed to fit your schedule.
Website: https://kidsfirstswimschools.com/

YMCA Silver Spring offers **private swim lessons** and **adaptive swim** (at least for Summer) for individuals with physical disabilities.
Aquatics programming page: https://www.ymcadc.org/locations/ymca-silver-spring/aquatics/
Aquatics schedule: https://ymcadc.org/wp-content/uploads/2024/06/Summer-I-Session-24.pdf

For other options, visit the Pathfinders for Autism provider directory to search for swim lessons by zip code: https://pathfindersforautism.org/providers-services/?wpbdp_view=search

(Updated July 2024)