



Howard | Montgomery | Anne Arundel

SWIM INSTRUCTION

Below are locations in Anne Arundel, Baltimore, Howard, and Montgomery Counties that offer swim lessons to the community. These facilities emphasize creating a supportive, accommodating environment for all participants. Reaching out directly to discuss your specific needs can help ensure a suitable program.

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 \(aacounty.org\)](http://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.

Booke More Aquatics offer swim lessons for children of all abilities. Lessons are held at the Severna Park Racquetball & Fitness Club. Membership not required.

8514 Veterans Hwy, Millersville, MD 21108

Email: peanutbuttertoast@verizon.net

<https://www.brookemooreaquatics.com/>

The Y in Central Maryland offers swim lessons, with locations in Arnold [The Y in Arnold \(Greater Annapolis\)](http://www.theyinarnold.org) | [The Y in Central Maryland \(ymaryland.org\)](http://www.theyincentralmaryland.org) and Pasadena [The Y in Pasadena](http://www.theyinpasadena.org) | [The Y in Central Maryland \(ymaryland.org\)](http://www.theyincentralmaryland.org). They provide inclusive programs that can be beneficial for children with Autism.



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BALTIMORE

Brick Bodies offers a wide variety of swimming lessons with you in mind. Experience a swim program customized for your needs with our private and semi-private swim lessons.

[Padonia](#)

2430 Broad Ave
Lutherville-Timonium, MD 21093

[410-252-5280](tel:410-252-5280)

<https://www.brickbodies.com/aquatics/swim-lessons/>

[Reisterstown](#)

2 Chartley Dr
Reisterstown, MD 21136

[410-833-3386](tel:410-833-3386)

[Rotunda](#)

727 W 40th St
Baltimore, MD 21211

[443-388-8511](tel:443-388-8511)

Jewish Community Center (JCC) swim lessons are designed for all – from the tiniest water tots who are dipping their toes for the first time, to teens and adults who are ready to take the plunge and learn to swim in any body of water.

ROSENBLOOM OWINGS MILLS JCC

3506 Gwynnbrook Avenue
Owings Mills, MD 21117

[Call Us: 410.559.3500](tel:410.559.3500)

<https://www.jcc.org/>

WEINBERG PARK HEIGHTS JCC

5700 Park Heights Avenue
Baltimore, MD 21215

[Call Us: 410.500.5900](tel:410.500.5900)

Merritt Clubs is proud to offer the Mid-Atlantic region's ONLY Michael Phelps Swim School, providing expert instruction for swimmers of all ages and skill levels. Their goal is to ensure every participant feels comfortable, confident, and safe in the water.

<https://merrittclubs.com/merritt-programs/aquatics/>

HOWARD

Big Blue Swim School teaches swim skills and imparts water safety principles to children of all abilities, including those with Autism.

8910 Old Annapolis Rd. Ste. A, Columbia, MD 21045

443-879-2873

<https://bigblueswimschool.com/locations/maryland/columbia>

Columbia Association offers private and group lessons at indoor and outdoor pools for member 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/>



Howard | Montgomery | Anne Arundel

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

The Dancel Y in Ellicott City offers group and individual swim lessons for members.

4331 Montgomery Rd., Ellicott City, MD 21043

410-465-4334

<https://ymaryland.org/locations/dancely>

MONTGOMERY

The **British Swim School** instructors are trained to work with people with a variety of disabilities from the "Swim Angelfish" methodology. Ask for special abilities instructors at their Rockville location.

<https://britishswimschool.com/central-montgomery-county/rockville-at-college-plaza/>

Goldfish Swim School in Rockville and Gaithersburg has an inclusive Golden Learner Program, which allows children with disabilities to participate in group or private lessons depending on safety concerns. Instructors receive specialized training to teach children with disabilities.

<https://goldfishswimschool.com/rockville/programs/golden-learners>

Hudson Valley Swim offers private lessons for people with disabilities ages 2 years and older. They follow the "Swim Angelfish" methodology of swim instruction.

<https://gaithersburg.hvswim.com/>



Howard | Montgomery | Anne Arundel

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.

<https://kidsfirstswimschools.com/>

Montgomery County Recreation offers inclusive swim lessons--children are able to participate in group lessons when appropriate. Adapted lessons with smaller participant to instructor ratios are available at most locations. The Therapeutic Recreation department hosts "Sunday Funday," which is a pre-rec swim. During these times, families with children with disabilities can join an open recreational swim session.

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/aquatics/>

Rockville Recreation & Parks offers indoor and outdoor swimming lessons and open swim times. Private lessons are based on instructor availability.

<https://www.rockvillemd.gov/399/Classes-Lessons>

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.

<https://www.playsportsplus.org/event-5724909>

Sunsational Swim School in Rockville offers swim lessons for individuals with Autism and other disabilities.

<https://www.sunsationalswimschool.com/swimming-lessons/Rockville-MD>

Adaptive swim page: <https://www.sunsationalswimschool.com/special-needs-swim-lessons>

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

The Autism Society of Maryland provides information and resources to the community but does not recommend, guarantee or promote these services and/or interventions. The listing of any organization or provider does not imply endorsement by the Autism Society of Maryland staff or Board of Directors. If you have suggestions of additional groups to add or corrections to the content here, please contact our office at 410-290-3466 or info@autismsocietymd.org.

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