

SWIMMING – PERSONAL HYGIENE

Fancy a quick dip? Your body and mind will thank you for it! Swimming has a range of health benefits and NWDS' Swimming Program makes sure every one of them is covered. Swimming can improve your physical health, your strength and endurance as well as your gross motor skills and coordination. Swimming also has an amazing therapeutic and sensory affect allowing relaxation and stimulation of the senses at the same time.

NWDS' highly qualified Swimming Instructor oversees all of the Swimming groups and ensures everyone who participates has their own individual program and are working towards achieving their own swimming goals. Participants will learn to be safe in the water or improve their stroke accuracy and speed in the more advanced swimming groups.

Swimming ensures there is a low impact on your joints to ensure that you feel supported at all times within the water. NWDS accesses a range of different community swimming pools so there are options for participants depending on their support needs. NWDS is able to support participants who require hoisting and transferring to a water wheelchair to swim and will implement your Occupational Therapist or Physiotherapist recommended exercise program. We also have access to a Hydrotherapy pool should you require it for rehabilitation and well being

The Swimming program also enables staff to support the participants to increase their independence with personal hygiene, through showering before and after the swimming sessions and grooming essentials such as deodorant and hair.

If you have additional support needs such as Epilepsy, we can cost into your budget a 'spotter' outside of the pool to closely supervise.

Grab your towel and we will see you at the edge of the pool ☺

