

PLAY LA

ADAPTIVE SWIM LESSONS



The Los Angeles Citywide Aquatics' Adaptive Swim Program is designed for any one ages 4 and older who have a physical, visual, hearing, or cognitive disability.

Adaptive Swim is taught in a group lesson and the instructor incorporates water safety and swimming fundamentals, while accommodating the abilities of each individual. Aides are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons.

If you have any questions about participating, please contact citywide.aquatics@lacity.org.

REGISTER TODAY AT ADAPTIVESPORTSLA.ORG!

adaptivesportsla.org
rap-adaptivesports@lacity.org
310.202.2803

Come play with us on   
[@laparks.adaptivesports](https://www.instagram.com/laparks.adaptivesports)

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TO REGISTER

