

ADAPTIVE AQUATICS PROGRAM REGISTRATION FORM

CITY RESIDENTS ONLY! This program is for individuals with special needs.

Sponsored by the Green Bay Parks, Recreation & Forestry Department
100 North Jefferson Street
City Hall, Room 510
Telephone (920) 448-3365

Please answer all questions completely and legibly.

Participant's Name: _____
(Last) *(First)*

(Street Address) *(City)* *(State)* *(Zip Code)*

(Phone Number) *(Emergency Phone Number)* *(Age)*

Parent or Guardian's Name: _____

Child's Age: _____ Date of Birth: _____

Physical Limitations:

- Visual Hearing Balance
 Cognitively Disabled Autistic/Down Syndrome Cerebral Palsy
 Other

Describe in detail the participant's needs or limitations:

Is the participant on any medication? Yes _____ No _____

If yes, list medication _____

NOTE: If needed, participants must be able to take all prescribed medication by himself/herself or arrangements must be made by parent to administer medications. Law does not permit the staff to administer medication.

VALUES OF ADAPTIVE AQUATIC SWIM LESSONS

PSYCHOLOGICAL

1. Increased ability to deal with one's environment.
2. Successful activity improves self-concept.
3. Increased independence.
4. Release of emotional tension.
5. Fun and recreation.

SOCIOLOGICAL

1. Social responsibility, helping others in their class learn skills.
2. Social interaction with peers where they can meet somewhat evenly.

MENTAL

1. Being aware of one's own ability level.
2. Physical facts about water, buoyancy, etc.
3. Elementary life saving techniques.

SKILL

1. Improvement of basic locomotion.
2. Swimming skills.
3. Self-help skills, drown-proofing, use of life jacket.
4. Elementary rescue techniques.

PHYSIOLOGICAL

1. Improved circulation due to increased stimulation of peripheral blood vessels and decrease in venous stagnation.
2. Increased respiration.
3. Increase in range of muscle and joint action due to warmth of water and decrease of body weight.
4. Increase muscle strength.
5. Increase endurance.
6. Relaxation.