

## iCan Swim Program Options...



**Camps** are held in summer months and during school breaks whereby we partner primarily with local charities, parks and recreation departments, colleges and motivated parents to provide the camp program. Our five-day camps consist of any combination of five 45-minute (3 to 7 year old age group) or 60-minute sessions (8 year olds and over) per day with a maximum of six swimmers per session. A full camp will serve a maximum of 30 swimmers. The number of swimmers depends on the size of the available pool space and the availability of volunteers.

**Afterschool programs** occur during the school year whereby we collaborate with public school districts, nonprofit and other community organizations to provide after-school iCan Swim programs. This program option uses typically developing peer students as the volunteer for students with disabilities.

Our afterschool program provides an excellent opportunity for young people to learn more about differences and similarities in all people, improve teamwork, leadership and communication skills and experience true service to others

in need. The impact on the volunteers is often as profound as the impact on the swimmers. Including the swim program as part of afterschool programming can also raise awareness of inclusion in other afterschool programs.



## Who We Are...

iCan Shine is a national 501(c)(3) nonprofit organization whose mission is to provide quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

Through our flagship iCan Bike program, we conduct over 100 five-day bike programs throughout the US and Canada teaching approximately 3,000 individuals with disabilities how to ride a bicycle each year. Since our inception in 2007, we have successfully taught approximately 20,000 people with disabilities to ride a conventional two-wheel bicycle.

Leveraging off the great success of our iCan Bike program, we have created and introduced our five-day iCan Swim and iCan Dance programs.



*Teach them to swim  
and see where  
they go...*

*Just keep  
swimming...*

[www.icanshine.org](http://www.icanshine.org)

## iCan Swim Goal...

**The goal of iCan Swim is to teach individuals with disabilities the foundation for safely enjoying aquatic environments and promoting as much independent movement in the water as possible. The iCan Swim program is not aquatic therapy, rather a program to teach and encourage enjoyment of the water as a leisure recreational activity.**



**Each swimmer participating in iCan Swim has their unique goals. Goals will range from an introduction to water exploration, learning water safety in aquatic environments, learning to swim, and/or skill refinement in preparation to join a Special Olympics, Paralympic or other swim team. These goals are accomplished in a safe, supportive, inclusive and fun environment with assistance of volunteers.**

**This achievement, in turn, creates a gateway of opportunity helping them gain assurance and confidence in many other aspects of their lives.**

**What we do.** iCan Swim uses a specialized adapted aquatics instructional program and volunteers to enable people with disabilities to reach their individual goals learning to swim.



Swimmers attend one 45-minute (3 to 7 year old age group) or 60-minute session (8 year olds and over) each day for five consecutive days where they learn to swim and safely navigate aquatic environments while accompanied and encouraged by volunteers. Over the course of the week we gradually introduce new concepts and challenges as they discover the skill and joy of swimming.

Also, during the weeklong iCan Swim program, up to four local swim instructors from the host community participate in a training and certification program to teach Adapted Aquatics classes following the iCan Swim camp. These swim instructors are certified and designated as Adapted Aquatics Instructors by iCan Shine.

**Does it work?** Parents, teachers and therapists describe our results as inspirational. Many of our swimmers have watched



others swim and wished they too could learn. By the end of the week, each swimmer makes great progress in learning to swim and to effectively navigate aquatic environments.

### Who participates?

**Swimmers** are children ages three and up as well as teens and adults who have a diagnosed disability.

Success in learning to swim and safely navigate aquatic environments is a major thrill for our swimmers. When learning to swim has



been a struggle, the accomplishment and its impact is much greater. We observe that learning to swim infuses the swimmer with confidence and an improved self-image that has a positive ripple effect into many other aspects of their lives. Their families benefit in many ways and volunteers are positively impacted by the experience as well.

**Local hosts** are local organizations and individuals that coordinate the weeklong event in their community. Hosts are responsible for providing funding, a suitable facility, swimmers and volunteers (including up to four swim instructors seeking to become certified Adapted Aquatics Instructors).