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# Open SNAP

Special Needs Aquatic Program

A unique time for parents or caregivers to receive instruction as they work in the pool with their children/clients who have physical and/or mental challenges.

Activities will be given each week for new and exciting challenges with lots of singing and splashing for greater water success. The functional activities will help carry over into daily activities. This helps the child make gains in:

- Sitting and standing balance
- Muscle memory for motor planning
- Following instructions
- Gait training
- Sensory integration
- Improving endurance

Instruction is available on Thursdays from 10 a.m.-12 noon and takes place in the 90-degree, warm water of the HCAC Therapy Pool. No appointment is needed.

Rates:

Non-Resident: \$10 per person

Resident: \$8.75

HCAC Member: \$4.50

Please note: For each child, a caregiver must be in the water. Admission is required for both the child and the caregiver.



Therapist Christine Armstrong has 12 years' experience in the aquatic environment. She is a licensed physical therapy assistant at a local physical therapy clinic. Chris is also ISSA certified for personal training, and has certification for aquatic therapy for clients who are physically challenged with an emphasis on the pediatric population. She also instructs college students to work with, interact, and educate children with special needs. In her spare time Chris enjoys paddle boarding and going on outdoor adventures with her husband and dog.

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