

Courage League Sports Special Swimmers Program

WATCH ME.



Our adaptive swimming programs help to set your loved one up for success! Our endless pool spa is located in a private and noise controlled room to provide a positive aquatic experience. The pool temperature is set to 92 degrees to assist with smooth transitions in and out of the water. Utilizing a 1:1 or 2:1 ratio of instructors to students we will help participants to progress their skills and provide endless aquatic possibilities!

AQUA FIT

New this Fall, Aqua Fit is geared toward teens and young adults. Providing a total body workout without the joint stress of a traditional work out! This class is available to participants 12 years old and up and able to handle being in water unsupervised



Courage League Sports water awareness and swim lessons are designed to familiarize children with special needs in the water. Children will orient to the aquatic environment, gain basic water safety skills, and gain greater independence and comfort in and around water. Lessons are built around your child and their abilities. Our pace is their pace!

Monday or Wednesday Evenings
September, October, November
30 minute sessions
4:30pm - 7pm

call 515-421-4021
to register



4 Week Cost: \$75

****Ask us about our family rates!
Limited space available**

Classes will be held at WDM Physical
Therapy - 3701 EP True Pkwy, WDM