



# REC2CONNECT AQUATIC THERAPY, ADAPTED AQUATICS

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Aquatics programming for people with special needs in weekly 45 minute sessions.

Target goals:

- swimming skills
- motor planning
- Strength and endurance
- balance and much more!

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All goals are determined on an individual basis in 1:1 sessions. Program is held at Seven Hills Recreation Center.

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SIGN UP AT:

**[REC2CONNECT.PIKE13.COM](http://REC2CONNECT.PIKE13.COM)**

**For more information contact Jen Knott.**

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