



Autism Society
Inland Empire

SWIMMING

FUN & SAFETY

2024 TOOLKIT



IEAutism.org

Table of Contents

Introduction.....	3
Help with Paying for Swim Lessons	
First Five.....	4
Regional Center Guidelines	5
Organizations Who Provide Swim Lessons.....	6
Caregiver Water Safety Checklist	10
Social Story: Staying Safe Near Water.....	11
Social Story: Staying Safe at the Pool	15
Social Story: Staying Safe at the Beach	16
Social Story: Staying Safe at the Lake	17
Social Story: Staying Safe on the Dock	18
Social Story: Staying Safe on the Boat	19
Social Story: Staying Safe in Puddles	20
Social Story: Staying Safe Water at Home.....	21
Social Story: Staying Safe at the Aquarium.....	22
Social Story: Staying Safe Water Safety.....	23
Autism Society Inland Empire Options Policy	24



The Water and Wandering Initiative is a national effort by the Autism Society to increase water safety education and training across the Autism community to decrease the tragic loss of life caused by water and wandering-related accidents. This program works to prevent wandering-related tragedies and increase water safety skills among Autistic children, teens, and adults—and those who support them.

We have curated a list of programs catering to children and adults with Autism or other disabilities. These programs, marked with an (S) for specialized (only children with special needs) or an (I) for Inclusion for classes that have a mix of children with and without special needs, are designed to ensure everyone feels included and safe. While many of these programs offer full-inclusive swim programs, we have focused on those with proven experience with our population.

We updated this list in May 2024 with organizations we were aware of. If you want us to include a resource, please email us at info@ieautism.org.

We appreciate you being part of our community. Have a wonderful summer!

Help with Paying for Swim Lessons

First Five Riverside

The First5 Riverside grant funds between 3 and 4 consecutive weeks of survival float lessons for children under three years and 3 – 4 weeks of Swim Float Swim lessons for children 4 - 5 years at no cost to low cost. These grant-subsidized swim-float-swim and survival float lessons are available at various locations in Riverside County. Each location is limited; scholarship approval is required before you schedule your lessons.

Minimum Qualifications:

1. The student must be five years old or younger
2. Students must live in Riverside County – Verification Required
3. Students must meet low-income guidelines – Verification Required
4. Students must submit an intake form before beginning lessons

Students will be scheduled on a first-come/first-served basis. Once funding has been exhausted, individuals will be added to an interest list for next year.

These lessons would be great for siblings or children who can learn in fully included group environments.

Visit below for additional information.

[CORONA-NORCO FAMILY YMCA](#) – inclusive. No special classes.

[Desert Recreation District](#)

Inland Regional Center Clients

In 2024, Inland Regional Centers changed their procedures for social recreation reimbursement to include both group and private adaptive swimming lessons to accommodate various needs and preferences.

You continue to have options to support an Inland Regional Center client:

1. Reimbursement for the service. You must request reimbursement from your Regional Center caseworker, approve it by IRC, and add it to your Individualized Service Plan (ISP). Requests must be made 30 days in advance.
2. Choose an organization already vendored for these services with Inland Regional Center.

To request reimbursement for swim lessons through the Inland Regional Center (IRC):

1. **Identify which swim provider you want to use.**
2. **Obtain Authorization**
 - Contact Your Service Coordinator at least 30 days before registering your loved one. Please provide a detailed request, including the purpose of the swimming lesson and how it aligns with your Individual's IPP. Provide your service coordinator with the business's name, address, website, and monthly cost for the activity.
3. **The service coordinator must get it approved by the program manager.** Once approved, the service coordinator will send you all the instructions on creating an account with IRC's FMS Elevate program.
4. **Submit Reimbursement Request.**
 - Complete the reimbursement request form provided by the IRC's FMS Elevate program. Attach all required documentation.
5. **Send to FMS Elevate**
 - Submit the completed form and supporting documents. This can be done through their online portal.
6. **Review and Approval:**
 - The Program Manager and the FMS Elevate Program will review the submitted receipts. If everything is in order, they will process the reimbursement.

Please get in touch with your Regional Center caseworker to request these services.

Swim Lessons

In our experience, most families prefer private or specialized swim instruction with small groups or 1:1 lessons. Below is our curated list for 2024.

[Aquatic Zone](#)

1138 E. 6th St. #103 Corona, CA 92879

951-739-4300

info@theaquaticzone.com

Their adaptive aquatics instructors have experience teaching children with various special needs the necessary skills. All ages, 30 minutes class length with 1:1 Student-Teacher ratio

[Aqua-Tots Swim Schools](#)

8750 Base Line Rd. Rancho Cucamonga, CA 91701

909-259-0500

rcinfo@aquatots.com

Its Special Needs Aquatic Program (S.N.A.P.) is designed to create lessons tailored to each child's special needs and abilities. This class may serve children diagnosed with behavioral, developmental, learning, medical, or mental challenges.

[Big Kahuna Swim Academy](#)

(909) 273- 9680

info@bigkahunaswim.com

Private, One-On-One Swim Lessons at one of our heated pools (Norco or Riverside) and Mobile Swim Lessons (we come to your pool). Our #1 priority is water safety and drowning prevention. They ensure that each student has learned and mastered the 8 Basic Water Safety Skills, enabling them to save themselves in any water emergency.

[Chasing7Dreams- STARS](#) **VENDOR # PJ5754**

Don Day Pool: 14501 Live Oak Ave Fontana CA 92337

Swimming class available for ages 9-26

July 12th-27th, Fridays & Saturdays, 9 am- 11 am

After pre-registration, please contact your CSC or FMS worker immediately to request approval of services for this program. Once authorization is approved, we will contact you to confirm and finalize registration.

[Cogua Aquatics](#)

14523 Ramona Ave Chino, CA 91710

(909) 227-1845

coguaaquatics@gmail.com

Join us as we create a welcoming space where swimmers of all abilities can thrive.

[Desert Recreation District-Adaptive Aquatics](#)

Pawley Pool Family Aquatic Complex: 46350 Jackson St. Indio CA 92201

760-342-5665

A fun 8-week, two-hour swim session designed specifically for individuals with a disability or special need ages four and up. The session consists of 45min-1hour of swimming lessons followed by an open swim.

*Scholarships are available through Operation Splash.

Complete the application here: [Operation Splash Scholarship](#).

[Desert Swim Academy](#)

73751 Magnesia Falls Drive Palm Desert, CA

(760) 835-3305

They offer flexible teaching techniques to help your loved one create an enjoyable lesson. We love bringing swimming to the lives of children with special needs starting at four months and up.

[Fontana Park Aquatic Center - Aquability](#) **Currently Waitlist Only**

Miller Pool: 17004 Arrow Blvd Fontana CA 92335

909-854-5111

Special Needs Swim Lessons for Ages 4 yrs.+ Students enrolled will range in age and ability, with different intellectual and physical disabilities. Students will be swim tested and placed together based on ability during the first class meeting.

[Passion For Splashin'](#)

Downtown Claremont

passionforsplashin@gmail.com

Lynnea provides private swimming lessons for students of all ages and abilities. Has over two decades of experience in teaching students and is the mom of a child with Autism.

Phoenix Swim Academy

Menifee (215 & SCOTT RD) Private Resident
951-467-2354

swimmenifee@phoenixswimacademy.com

Phoenix Swim Academy is proud to provide a swim school dedicated to indoor swim lessons and programs for swimmers of all ages and abilities, from infants to adults. Our indoor pool is open year-round, so you can swim and stay fit no matter what the weather outside.

Premier Swim Academy

7827 Haven Ave Rancho Cucamonga, CA 91730

909-509-5700

1673 Maple Hill Drive Diamond Bar CA 91765

909-200-3676

Sensory Swim Parent and Me- This program is designed to provide students with adaptive learning needs, a space to explore the water, and learn crucial safety skills.

Redlands Family YMCA

500 East Citrus Avenue Redlands, CA 92374

YMCA@ymcaeastvalley.org

909-798-9622

This adaptive aquatic class is a Parent-Child class for children with special needs ages 5-18. The goal of this class is to get your child comfortable in the water, teach them how to be safe around water, and help them become independent swimmers.

Riverside City Parks & Recreation Swim Lessons

951-826-2000

The City of Riverside Aquatics program and Swim Angel Fish provide a fun and safe environment while developing swimmers' abilities based on individual needs, providing them with the tools and skills necessary to become successful swimmers. To apply for adaptive swim lessons, please fill out the adaptive swim lessons form and email it to

Aquatics@RiversideCA.gov.

Schurkman Lil Sharks

Jared Schurkman

(951) 751-4391

schurkmanjared@gmail.com

Mobile Swim Teacher for all ages with 16 years of experience, including children with developmental disabilities.

Sunsational Swim School

1-888-788-2140

Swimming Lessons are available for individuals of all abilities, ages six months and up. Their effective yet gentle approach to swimming lessons in all the suburbs of the Inland Empire consists of private, personalized classes that quickly allow our students of all ages.

Temecula Adaptive Swim Lesson

Margarita Rec Center - 29119 Margarita Rd. (West)

951- 308-6396

swim@TemeculaCA.gov

Their adaptive swim lessons are for participants ages 3 - 15 with special needs. They help focus on basic water skills and water adjustment, help participants gain confidence in the water, and improve their kicking and stroking ability.

Victorville Parks and Recreation – SWIM VIP Class

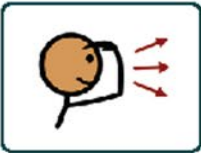
Doris Davies Park: 16305 Hughes Rd Victorville CA 92395






760-245-5551

VictorvilleRec@VictorvilleCA.gov

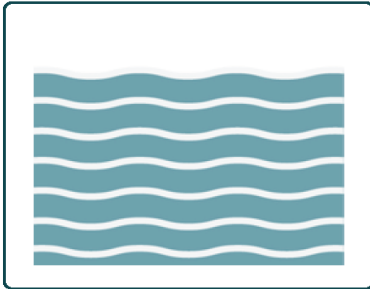
Adults and participants ages three and up are in the water with a Lifeguard present for instruction and guidance. The class focuses on water orientation and safety.

Caregiver Water Safety Checklist

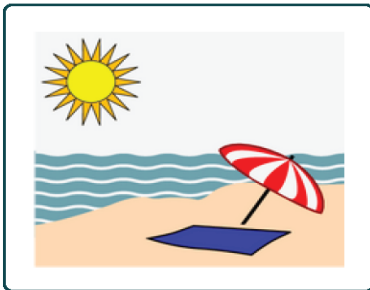
- | | | | |
|----------|---|--|---|
| 1 |  | <p>Designate a responsible person to supervise the water without distraction.</p> <ul style="list-style-type: none"> • Use something visual or tangible to identify the water supervisor like a hat or lanyard. • Schedule water supervisors in intervals to ensure optimum attention to the water. | <input checked="" type="checkbox"/>

<input type="checkbox"/> |
| 2 |  | <p>Stay within an arm's length of children that are in or near water.</p> | <input type="checkbox"/> |
| 3 |  | <p>Be mindful of toys in or around the water that would entice someone to bolt or enter the water.</p> | <input type="checkbox"/> |
| 4 |  | <p>Model safe behaviors, narrate safe behaviors, and practice safe behaviors in all water environments to promote generalization.</p> | <input type="checkbox"/> |
| 5 |  | <p>Be mindful of your child's interests and typical behaviors so that you can be best prepared.</p> | <input type="checkbox"/> |
| 6 |  | <p>Have a safety plan when in or near water.</p> | <input type="checkbox"/> |

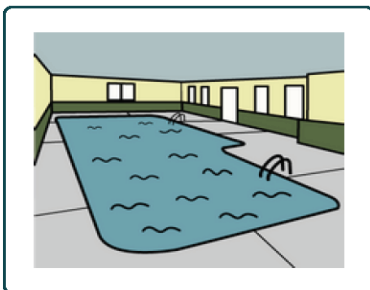
Staying Safe: Near Water



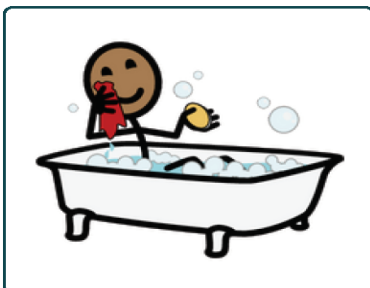
There is water everywhere.



**There is water at the beach,
in a lake, or in the ocean.**

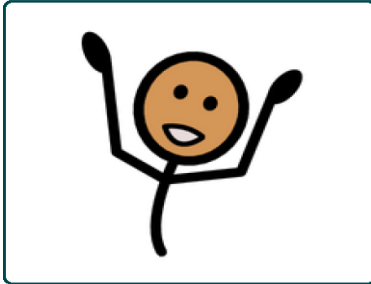


**There is water in a puddle,
on a dock, or in the pool.**



**There is water in the bathtub,
in a fish tank, or a big aquarium.**

Staying Safe: Near Water



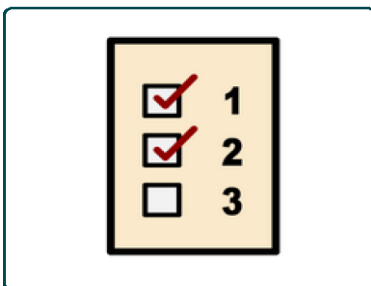
Being in the water can be fun.



But being near water can be dangerous if I don't follow the water safety rules.

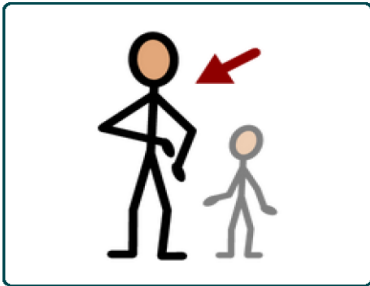


To stay safe and have fun in the water, I will learn the water safety rules.

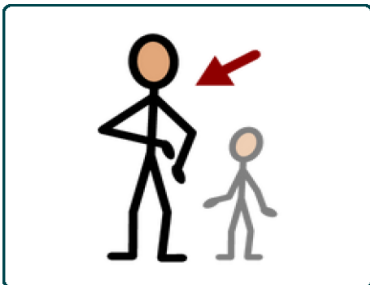


When I am in or near the water, these are the safety rules I will follow.

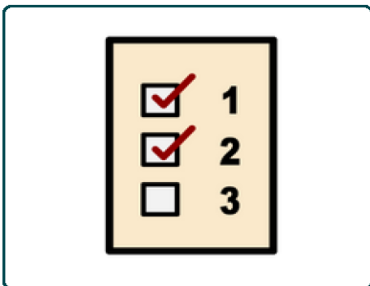
Staying Safe: Near Water



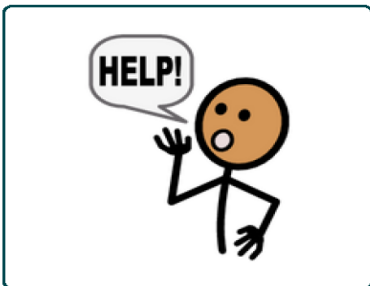
I will stay close to a helper
when I am in or near the water.



A helper can be an adult like a
parent, a teacher, or a caregiver.

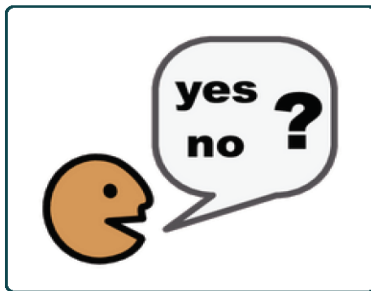


I will follow directions.

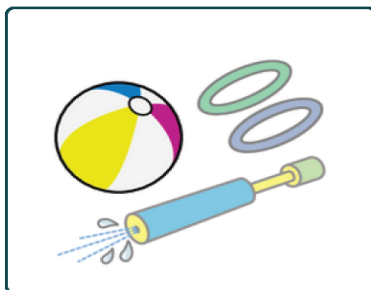


I will ask for help.

Staying Safe: Near Water



I will ask my helper before I go into the water.



I will ask for help if I want to get something that is in the water.

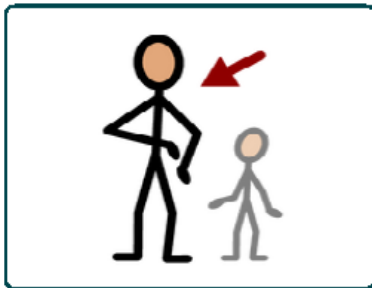


When I follow the safety rules, I can stay safe in and around the water.



When I follow the safety rules, water can be fun and safe!

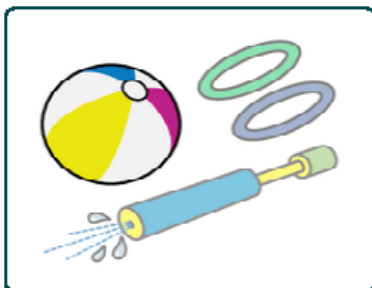
Staying Safe: At the Pool



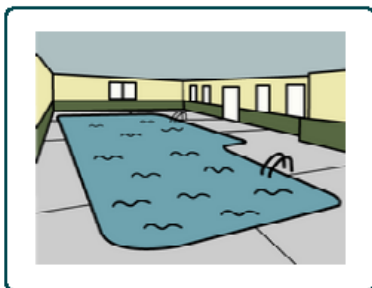
When I am at the pool I will stay close to my helper.



When I am at the pool I will ask my helper before I go in the water.

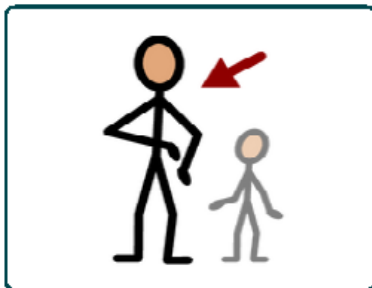


When I see a toy in the pool that I want, I will ask for help to get it.



When I am at the pool I will follow the safety rules so that I can stay safe.

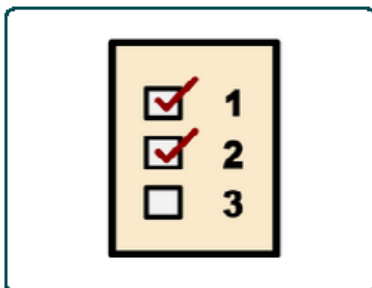
Staying Safe: At the Beach



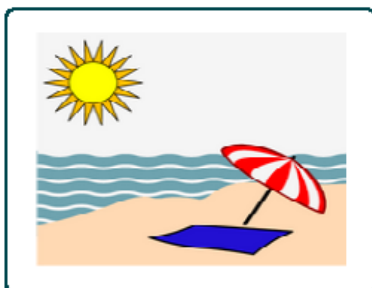
When I am at the beach I will stay close to my helper.



When I am at the beach I will ask my helper before I go into the water.

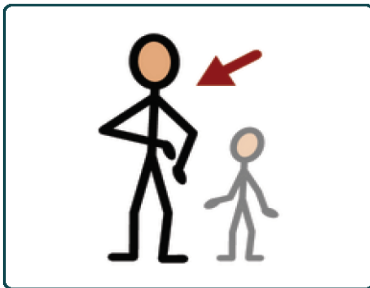


When I am at the beach I will follow directions so that I can stay safe.

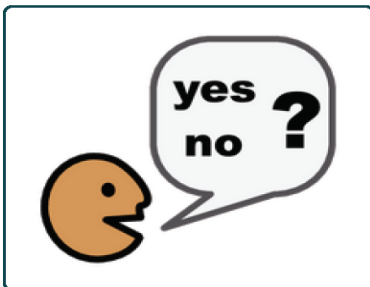


I am safe when I follow the safety rules at the beach.

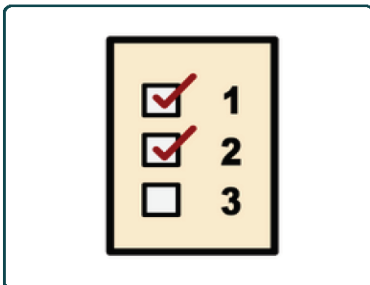
Staying Safe: At the Lake



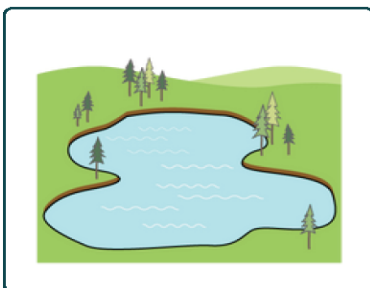
When I am at the lake I will stay close to my helper.



When I am at the lake I will ask my helper before I go into the water.

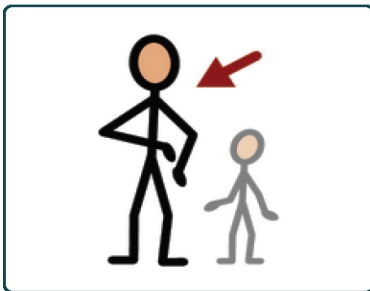


When I am at the lake I will follow directions so that I can stay safe.



I am safe when I follow the safety rules at the lake.

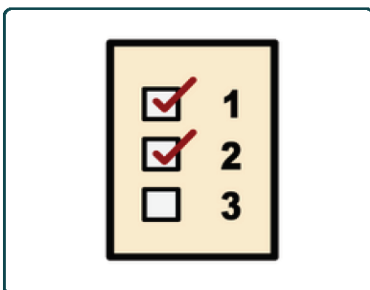
Staying Safe: On the Dock



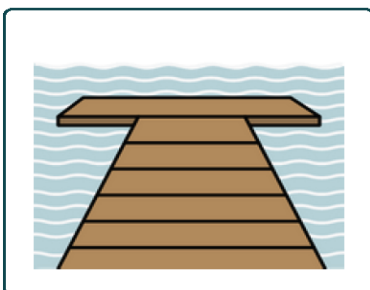
When I am on the dock I will stay close to my helper.



When I am on the dock I will ask my helper before going near or into the water.

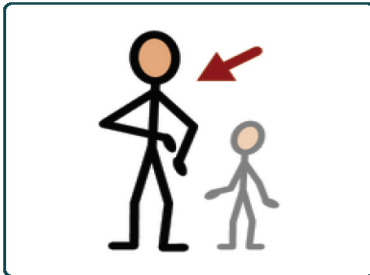


When I am on the dock I will follow directions so that I can stay safe.

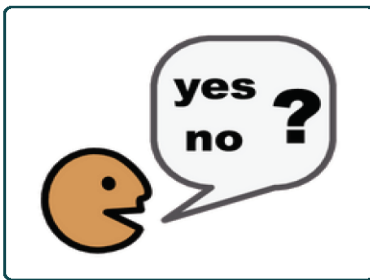


I am safe when I follow the safety rules on the dock.

Staying Safe: On the Boat



When I am on the boat I will stay close to my helper.



When I am on the boat I will ask my helper before I go into the water.

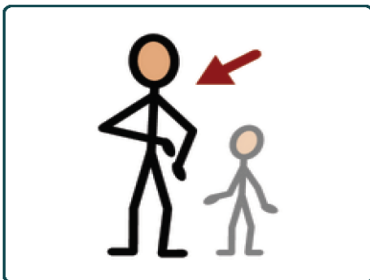


When I am on the boat I will wear a lifejacket.



When I am on the boat I will follow the safety rules so that I can stay safe.

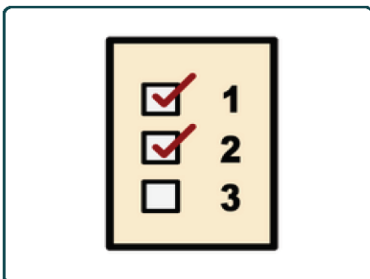
Staying Safe: In Puddles



**When I want to jump in a puddle
I will stay close to my helper.**



**When I want to jump in a puddle
I will ask my helper before I do.**



**When I want to jump in a puddle
I will follow directions so that I
can stay safe.**

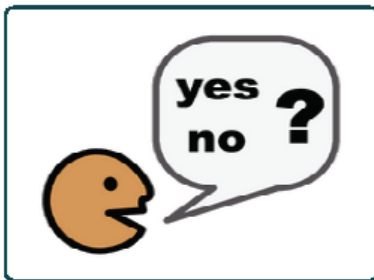


**I am safe when I follow the safety
rules when jumping in puddles.**

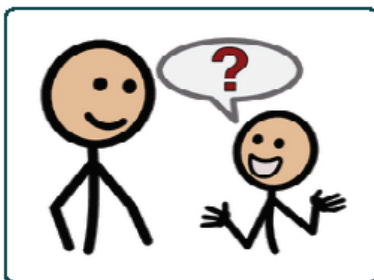
Staying Safe: Water at Home



When the water is on in the bathtub, shower, or the sink I will follow directions.



I will ask before I turn the water on in the bathtub, shower, or sink.

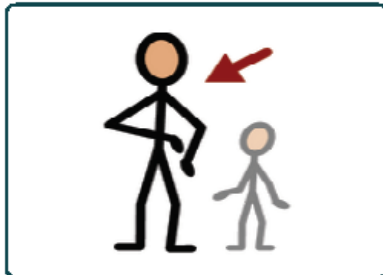


I will ask an adult before going into the bathtub or shower each time.

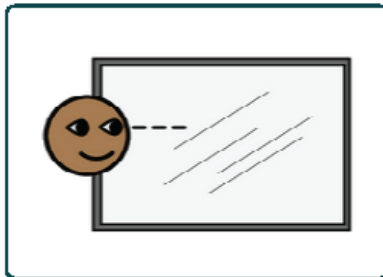


I am safe when I follow the rules when I use the water in the bathtub, shower, or sink.

Staying Safe: At the Aquarium



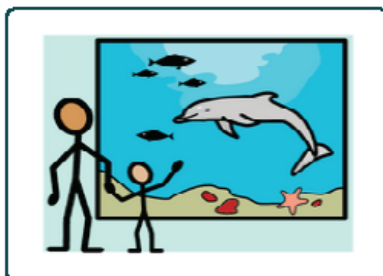
When I am at the aquarium I will stay close to my helper.



When I am at the aquarium I will keep my hands off the glass. I want the animals to feel safe in their home.

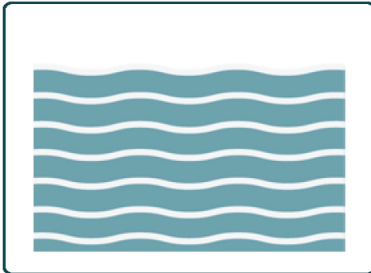


When I am at the aquarium I will follow directions so that I can stay safe.

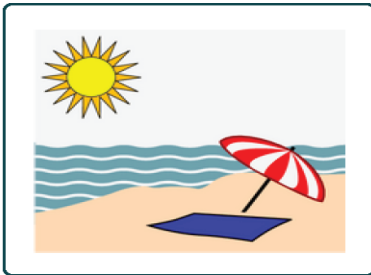


I am safe when I follow the safety rules at the aquarium.

Staying Safe: Water Safety



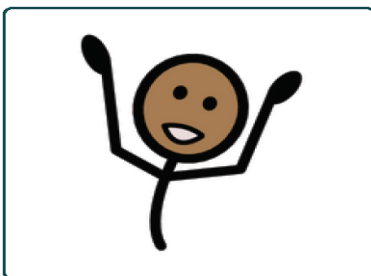
There is water everywhere.



Water can look different in different places like the beach, lake, ocean, in a puddle, on a dock, pool, bathtub, fish tank, or a big aquarium.



Being in the water can be fun, but it can be dangerous if I don't follow the safety rules.



When I am in or near water I will follow the safety rules so that I can stay safe and have fun.

Autism Society Inland Empire Options Policy

This Resource Guide was developed to allow families and professionals to find resources related to autism in the Inland Empire in one place.

All information provided or published by the Autism Society Inland Empire is for information purposes only. Specific treatment, therapy, or services should be provided to an individual only at the direction of the individual's doctor, caregiver, or other qualified professional. References to any treatment or therapy option, program, service, or treatment provider are not an endorsement by the Autism Society. References to treatments, therapies, programs, services, and providers are not intended to be comprehensive statements. You should investigate alternatives that may be more appropriate for a specific individual. The Autism Society assumes no responsibility for using any information published or provided. The Autism Society Inland Empire provides information, but it does not constitute medical or legal information. Referrals provided are suggestions to organizations that might help but do not constitute a recommendation. The Autism Society Inland Empire cannot be held responsible for consequences that arise from individual dealings with a professional or organization. The inclusion of any organization does not imply endorsement, and omission does not imply disapproval. The Autism Society Inland Empire may add or remove organizations from this list at its discretion.

We updated this list in May 2024 with organizations we were aware of. If you have a resource you would like us to include, please email us at info@ieautism.org.