

# **Swim Lessons for Every Child**

A Parent's Guide to Autism-Informed Swim Instruction  
Brought to You by H2O Headquarters

## **Welcome, Families!**

At H2O Headquarters, we believe every child deserves a safe, joyful, and empowering experience in the water. Our team is trained to support swimmers with a variety of learning styles—including children on the autism spectrum. Whether your child is a beginner, fearful, or highly sensory-aware, we're here to partner with you.

## **What Makes Our Lessons Autism-Informed?**

- Predictable routines and visual schedules
- Low student-to-instructor ratios
- Quiet entry options or lower-sensory time slots
- Use of sensory tools and flexible communication
- Staff trained in trauma-aware and adaptive instruction

## **Why Water Safety Matters So Much**

Children with autism are at increased risk of drowning—making swim lessons not just beneficial, but essential. Our goal is to teach your child water confidence, floating, safe breathing, and how to return to the wall—all while keeping their comfort and needs in mind.

## **How You Can Help Support Your Swimmer**

- Let us know your child's sensory needs or preferences
- Stay consistent with your lesson schedule
- Use visuals or social stories to prepare your child at home
- Ask questions—we're here to work with you!
- Celebrate every little win—progress is progress!

## **Our Commitment to Your Family**

We're committed to creating a safe and inclusive aquatic space. If something isn't working—we'll adapt. If your child needs time—we'll wait. Every child deserves the chance to learn, grow, and thrive in the water.