



Zaniez Makes Waves with Innovative Program Aimed at Enhancing Safety, Health, and Happiness Through Mandatory Evidence-Based Water Therapy at Farm Trade School

For Immediate Release

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Splish!! Splash!!!! Everyone is taking a... dip!? Zaniez, revolutionary farm trade school for autism spectrum students, is diving into something BIG!!! Zaniez farm-based trade school in Arizona is thrilled to announce the mandatory swimming program, a core part of Zaniez curriculum. At Zaniez, spectrum students are not just growing veggies and riding horses, they're mastering life's fundamentals to include safety and therapeutic fun like swimming and karate. Visit ZaniezKids.com to learn more about partnering with Zaniez farm-tastic school, we welcome all advocates to support this splashy mission!!

Why swimming? It's a lifesaver (literally!) and a game-changer for kids and adults with special needs. The program blends water safety skills with the calming, confidence-building power of aquatic therapy, all on the Zaniez trade school campus. From splashing in sensory-friendly pools to mastering strokes, Zaniez is helping kids and adults thrive alongside hands-on classes like cooking, art, woodworking, and music. And guess what? The SITWALK work study program, launching in Fall, will make a big splash too!

Zaniez Farm Trade School, a pioneering educational institution dedicated to empowering students through hands-on farm-based trade skills, today announced the launch of its mandatory swimming program. Designed for all students, this initiative emphasizes water safety while leveraging the proven therapeutic benefits of swimming and aquatic activities, particularly for those with neurological disorders such as autism spectrum disorder (ASD) and Parkinson's disease. By integrating swimming into the core curriculum, Zaniez seeks to foster physical, emotional, and social growth in a supportive, inclusive environment.

Research highlights the profound advantages of swimming for individuals with autism spectrum disorder (ASD). Studies show that aquatic activities can improve psychomotor skills, increase adaptive behaviors, and enhance speech, coordination, and social skills. The calming sensory experience of water often reduces anxiety and sensory overload, providing a soothing outlet that promotes self-regulation and better sleep patterns. For those on the autism spectrum, swimming's repetitive nature encourages creativity, imaginative play, and socialization, while also building essential life-saving skills—critical given that children on the autism spectrum are drawn to water but face higher drowning risks.



“At Zaniez, we believe in holistic education that nurtures the mind, body, and spirit. Zaniez mandatory swimming program isn’t just about learning to swim—it’s about unlocking potential. Swimming is more than a skill, it’s a safe space for our kids to grow strong and fearless,” says Dana Shafman, Founder of Zaniez. “We’re creating a farmyard wonderland where every child and adult with autism, can shine. By making aquatic therapy accessible to all our students, we’re addressing critical needs for those with autism, while promoting lifelong health benefits for everyone. As a future Senior Olympics swimming contender myself, we strive to be a future Special Olympic swimming training site once up and running.”

About Zaniez Farm Trade School

Zaniez is a nonprofit 501(c)(3) trade school in Arizona dedicated to empowering individuals with ASD through farm-based vocational training and life skills education. With phased openings in 2026, Zaniez aims to serve children (3-12), teens (13-18), and adults (19+) in Arizona, fostering independence and rewarding careers. Zaniez (ZaniezKids.com) is a pioneering nonprofit organization dedicated to supporting autism spectrum families through farm-based trade education, vocational programs, and independent living initiatives. Focused on holistic development, Zaniez empowers individuals on the spectrum to thrive in adulthood with practical skills and community integration.

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