



SPECIAL NEEDS *Swim Lessons*

EVERY ABILITY • EVERY AGE • EVERY GOAL

We provide patient, supportive, and individualized swim instruction for children, teens, and young adults with special needs.

WE OFFER



PRIVATE AND
SEMI-PRIVATE
SWIM LESSONS



BEGINNER SWIM LESSONS
STARTING AS YOUNG AS
6 MONTHS



ADAPTIVE SWIM LESSONS
for Children, Teens &
Young Adults with
Special Needs



INTERMEDIATE &
ADVANCED INSTRUCTION



ADULT LESSONS



*Inclusive swim instruction
for all abilities.
All are welcome!*

WE ACCEPT

DIRECT PAYMENT FROM
SELF DIRECTION & OPWDD



SELF
DIRECTION



OUR MISSION

To build confidence, independence,
and a lifelong love of water in a
safe, supportive environment.

EVERY STUDENT. EVERY STROKE.

Stronger Together.

REGISTER TODAY!

Spots are limited!



INDIVIDUALIZED
INSTRUCTION

Lessons tailored to
each swimmer's needs



SAFE &
SUPPORTIVE
Environment

Patient, experienced,
and compassionate
instructors



BUILDING
CONFIDENCE

One skill at a time



LIFELONG
WATER SAFETY

Skills for a safer,
stronger future



845-522-9165



AnchoredLifestyleLLC.com

Mount Saint Mary College – Kaplan Pool

330 Powell Avenue, Newburgh, NY 12550