

***EPIC* – Sensory Swim**

For children on the autism spectrum,  water is a soothing environment that emphasizes gentle and repetitive motion thus having a calming effect which helps children cope with everyday stresses. Swimming can help children on the autism spectrum improve speech, coordination, social skills, self-esteem, and cognitive processing. Furthermore, swimming provides an excellent opportunity for parallel play and for a child to be in the play environment but to interact at a level that is comfortable for them.

Sensory Swim is an opportunity for the entire family to relax and enjoy themselves in a safe, sensory-friendly aquatic environment. Families will have access to various equipment including the slide, Tarzan swing rope, climbing rope, pool toys and noodles, PFD's.

**Who:** Everyone

**When:** Saturdays, October 20-December 22 (10 weeks)

**Time:** 2:00-4:00pm

**Where:** SCONA Pool - 10450 72 Ave. NW - North-West corner of Strathcona High School

**Cost:** 10 swim pass - $90.00/person; $10.00 Drop-in Fee

For more information and to register please send an email to: [**epic@childrensautism.ca**](mailto:epic@childrensautism.ca)

or call the information line at **(780) 495-9235.**

