

MEDIA KIT - 5 Free Webinars to Watch & Share!

We have created these 5 Free Videos!
All 30 minutes or less! Watch and then share with
your co-workers, clients, parents and families!

Our Give Back to
the Adaptive
Swim Community
taken from our
over 20 years in
the water

1. Swim Lesson Tips - Strategies for Overcoming the 14 Universal Roadblocks

<https://youtu.be/Dj1auTpl9qo>

2. Why Does My Child Swim That Way? Sensory Swimming Behaviors

<https://youtu.be/NWl7XQjo7pA>

3. Lifeguarding Tips for Children With Autism

<https://youtu.be/R5NGuY2dp9s>

4. Coaching Tips for Swimmers with Special Needs

<https://youtu.be/JT8AAfybo4s>

5. Equipment 101: Tips for Adaptive Swim Lessons

https://youtu.be/LT8w_OWAaOA

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swimangelfish.com



swim whisperers®

- autism • anxiety
- physical • delays
- motor • sensory
- trauma • discomfort

14 UNIVERSAL Roadblocks of All Swimmers



For over 20 years, we have helped swimmers thrive in the water under our aquatic therapy program and our adaptive swim lessons. Our experience in the water has helped us identify the 14 most commonly seen roadblocks swimmers face and created the tools and strategies to overcome them!

- S** Safety Concerns
- W** Water Properties as they relate to the Sensory System
- I** "I Can't Touch That!"
- M** Making a child go under water successfully
- W** "What Did I Say? (Auditory Processing Difficulties)
- H** "How do I control my body & breath?"
- I** "I'm NOT going on my back!"
- S** Seeking Sensory Input
- P** Problems with body control and letting go of edge
- E** Engagement and Interaction
- R** Reacts in an extreme manner when getting splashed.
- E** Excessive drinking of the pool water
- R** Ritual and routine to increase comfort (decrease anxiety)
- S** Success with Swim Strokes and Coordination



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AUTISMSWIM

Using the acronym AUTISMSWIM, we look at Sensory Swimming Behaviors - What Every Parent & Aquatic Professional Wants To Know!

- A**- AWARENESS: Observe, respond, don't react
- U** - UNDERSTANDING: Seeking, jumping, avoiding, covering eyes & ears
- T** - TEACHING: Ritual & routine, tricky train, blast off
- I** - INDEPENDENCE: Puddle jumper, life jacket, float belts, water wings, flippers
- S** - SOCIAL: Water play, family recreation and leisure with containment of the pool
- M** - MANAGING SPACE: Rhythmic words, rituals and signs or PECS of activities
- S** - SAFETY: Ask permission starting bathtub, pool, lake or ocean & in lessons
- W** - WATER PROPERTIES: Surface tension, hydro-static pressure, buoyancy
- I** - I CAN'T TOUCH THAT: Rescue tube, take side, grab and take an object
- M** - MAKING A CHILD GO UNDER: Safe submerge, practice at home, grounding & body parts





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LIFEGUARD

Lifeguarding Swimmers with Autism

- L** - LOOK & LISTEN
- I** - IDENTIFY
- F** - FUN & FRENZY
- E** - EXPECTED/UNEXPECTED
- G** - GIVE TIME & SPACE
- U** - UNDERSTANDING body movements and behaviors
- A** - ASK - How can I help?
- R** - RISK MANAGEMENT
- D** - DON'T WAIT





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COACHES Swim Team Webinar

Learn 7 tips to integrate your special needs swimmers into your existing swim team, or develop a swim team program at your facility using the acronym COACHES.

- C** - COLLABORATING with parents, community and causes
- O** - OBSERVE with an open mind; thinking out of the box
- A** - ADAPTABILITY to reorganize and regroup for success
- C** - CONSISTENCY of coaches, routines and rituals
- H** - HOW do I control my body and breath
- E** - ENGAGEMENT and interaction
- S** - SEEKING sensory input



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Testimonial

To EVERY Warrior Momma and Daddy fighting for opportunities and access for our 'differently abled' swimmers - I have some thoughts for you. I am in the tribe of family members FIGHTING for programs, services, access and opportunities for my sweet granddaughter, born with Down Syndrome. I applaud every one of you for your fight! I know from the inside that when we find a program its exciting! However, not all programs are the same. I found myself seeing harm caused by one "adaptive instructor" who was untrained and uninformed and so I chose to get training myself. After all, if I couldn't trust someone who claimed to know how to work with my precious little fish, I would simply do it myself.

I went on the hunt for great training. There are many out "there". BUT, after my personal experience, I was looking for the HEART of the organization, for instruction grounded in science, knowledge, experience and proven results. Swim Angelfish (R) Adaptive Swimming Methodology was the VERY BEST I FOUND. I inquired and began my journey. ONE YEAR. We started 2018 with 2 of us certified in the Swim Angelfish Methodology and had 12 swimmers. NOW, I lead a team of 7 certified instructors at 3 county pool locations providing private and semi-private lessons for over 100 swimmers of ALL ages! Simply put, the training empowers all of us (experienced swimmers, prior lifeguards, Red Cross WSI certified as well as Swim Angelfish (R) certified) to truly know what we are doing! Amazing. This year has been MAGIC. The breakthroughs I have seen, the progress made, the families impacted has simply blown me away. I am both excited and heartbroken that the need is so great.

I am AngelFishGA - Adaptive Aquatics, working just north of Atlanta in Gwinnett County. Additionally we partner with others to help provide additional ACCESS AND OPPORTUNITIES for our kiddos as follows: No Limits TRYathlons, Sensory Swim Nights, Annual Adaptive Family Swim Parties, AFGA/ATAQ Special Olympics Agency and Adaptive Swim Team Readiness Clinics. This year, I expect to double our reach by adding 4 additional instructors and 2 additional pool locations. I have a wait list year round and we partner with the county in support of state and federal funding agencies that help offset the costs of lessons for our incredible families. Gwinnett County is a fantastic partner as well and supports EVERY IDEA I DREAM UP! There are 150+ of us out THERE, certified in the SAF methodology, but this is NOT ENOUGH! I see AngelFish/USA in my dreams, where in every state in America, there are committed, trained and certified instructors for all of the swimmers who are 'differently abled'. Get on board! Make a difference! Impact lives in ways you cold NEVER imagine.

CHOOSE WISELY! The training is incredible at all phases from the beginning to throughout the year. It is NOT A ONE DAY seminar! It is a living, growing, adapting and creative methodology that evolves and expands throughout time. Ideas are shared, methods are improved, and the leadership provided by Ailene Tisser and Cindy Freedman exceeds anything you can imagine.

Come visit! You are welcome anytime! Call me, email me, I am available in any regard because THIS MATTERS.

Wouldn't it be incredible? AngelFish/USA - Adaptive Swimming CERTIFIED Swim Angelfish (R) Adaptive Methodology instructors! This program is the GOLD STANDARD for what we do - get on board, or actually - get in the pool!

Linda Cosby

Swim Angelfish® Certified Instructor – Atlanta, Georgia Area, USA

Brand Ambassador

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<http://swimangelfish.com/cert>



Parent Testimonial

"Jonathan has been enrolled with Swim Angelfish since July 2016. Before Jonathan began lessons, he was unable to focus, had no safety awareness, and could not swim. He would walk past a pool and just jump in, which is why I knew it was necessary for Jon to learn to swim.

Today, just 6 months later, Jonathan can focus and follow the many directives of the swim instructors. He has learned safety awareness and can swim in 10 feet of water! Jonathan has also learned to float and this peace of mind is priceless. He is currently learning how to dive!

Swim Angelfish has created the structure and discipline that Jonathan needed in order to learn this important skill. The fact that he constantly asks for his swim class and enjoys it warms my heart and the wonderful progress is a joy to watch!

The staff at Swim Angelfish, Customer Service, Erin Saunders, billing, Jennifer Drew, and instructors Austin and Jason are all phenomenal. They are not only very courteous, knowledgeable, and professional but they genuinely care. This is why this program stands out in comparison to others and I am genuinely grateful to have this fantastic resource available to us!"

TRAUMA

AUTISM

ANXIETY

SENSORY



Testimonial

We started our Swim Angelfish journey about 6 months ago at SwimAmerica-Davis. In this short amount of time we have been able to help 10-12 adults and children with special needs to be safer around water and improve swim strokes. Swim Angelfish has allowed us to confidently open our doors to this under-served community in and around Yolo county.

SwimAmerica-Davis is committed to creating a caring environment for year-round water safety, fun, and fitness. We also strive to teach our children the very best technique available. After going through the Swim Angelfish Methodology certification, we were able to incorporate and blend the SwimAmerica curriculum with the Swim Angelfish strategies. Being able to work in and out of the structure of the SwimAmerica level system combined with the 14 Most Commonly Seen Universal RoadBlocks and strategies from Swim Angelfish has given our coaches the freedom necessary to structure their lessons based on their students with special needs.

We have seen a dramatic difference not only with our special needs program but also with our standard level kids that may need the toolbox of Swim Angelfish strategies in order to thrive in a standard class. Being able to recognize the need for sensory play, how to handle extreme anxiety, and how to prepare a student for submersions have been invaluable tools in our ever-growing tool kit here at SwimAmerica Davis.

**Rose Chloewinski
Owner - SwimAmerica-Davis**



MOTOR

DISCOMFORT

PHYSICAL

DELAY

<http://swimangelfish.com/pricing/>



Testimonial

Hello Ailene,

I wanted to express how thankful I am that you allowed me to observe your program the other day. After having been in the industry for over a decade and seeing many instructors I have to say that you literally shine! You have this beautiful energy that just makes me smile and makes the kids feel safe- like everything is going to be alright- even if we are doing something a little uncomfortable right now. I'm so impressed with the way you created a program from scratch, a program that is so very much essential for today's population.

There are many people who can teach- but few have the awareness and ability to transfer their methodology and teaching to others. You are a true teacher through and through. From the children you teach to the adults you train it's easy to see how this is your calling and your passion.

Swimcerely yours,

**Zahava Shapiro, Program Director
The Swim Club**





Testimonial

As each of you know, I deeply believe that swim lessons should be accessible to every child, regardless of their challenges. I believe that teaching children with special needs can be difficult on many levels but rewarding beyond measure.

I have found so much knowledge and comfort in Ailene's and Cindy's Angelfish training! Streamline brands is the strongest, most dynamic swim instruction brand in the industry....no doubt.

Cindy and Ailene have created something that could only enhance the brand by bringing it to a whole new audience in a big way. There are no greater ambassadors than parents who have been searching to no avail for a program that understands their child and can help them learn where so many others have failed.

I hope that this email sparks a conversation between the two companies that have made a huge impact on the way I think and teach.

While my direct and obvious role at SafeSplash has changed, I would be honored to help facilitate this partnership in any way I can! I have learned so much and am really proud of the Adaptive Swim program I built here in Austin...from the resources I created to the practices that were on their way to making special needs programs profitable and viable.

**Please don't ever hesitate to reach out,
SWIMcerely,**

**Betsy Zielinski
SafeSplash**



Testimonial

Swim Angelfish Methodology - Swim Whisperers Online Training Benefits for Aquatic Therapist

Jamie is an Occupational Therapist who has been practicing for 12 years and has the opportunity to treat in the pool twice a week for a few hours. She completed the Swim Angelfish Certification through online training and continues to use the ongoing monthly training Special Splash to further enhance her certification.

“The Swim Angelfish Certification training has been instrumental for self-regulation strategies, to appreciate the benefits of ritual and routine, to learn to better identify reflexes and to continue to get new exercises through the Special Splash videos to help with the roadblocks and to have my therapy clients have better participation.”

“The language of “show me” and use of rhythm and timing has carried over to land treatment too, I can’t tell you how many times in a day I say “show me” now.”

As someone who values the aquatic environment for her clients, but only spends a few hours in the water each week, Jamie has found the online Swim Angelfish Methodology Certification training to help spark new ideas each month and make her a more effective land and aquatic therapist.





Testimonial

We began our Swim Angelfish journey about 6 months ago at SwimAmerica-Davis. In this short time, we have successfully incorporated Swim Angelfish techniques into the technique-based structure of the SwimAmerica level system to benefit our special needs students.

Additionally, we've found Swim Angelfish techniques to be helpful in our standard classes. Being able to recognize the need for sensory play, how to handle extreme anxiety, and how to prepare a student for submersions have been invaluable tools in our ever-growing tool kit here at SwimAmerica Davis.

Swim Angel Fish has allowed us to confidently open our doors to an under-served community in our area, and we're looking forward to continuing to grow this important part of our business.

Katie Townsend
Assistant
Aquatics Director
SwimAmerica-Davis

