Swim Safe: ASD Program

**Purpose:** To teach basic safety and swimming skills.

**Parent-Centered Approach:** The Parent/Guardian/family member or RBT serves as the instructor. Training is given on the first day to all instructors. All children progress at their own pace.

**Eligibility:** Individuals with ASD ages 3 to adult.

**Class Size:** Limited to five families (one child and one instructor) per 30-min lesson.

**Sessions:** Three 30-min lessons that meet once a week for 8 weeks.

**Cost:** $100 for all 8 lessons (includes both instructor and child) - sliding fee available

**Registration/Inquiries:** Email Dr. Murphy at kellem@hawaii.edu

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Wellness Matters Program

**Purpose:** To provide the opportunity to learn skills, socialize with peers, and engage in wellness activities. Activities include: pickleball, basketball, soccer, corn hole, and more! Each activity is offered individually for 8 weeks at a time.

**Parent-Centered Approach:** Parents/Guardians/Coaches should attend if your child needs assistance.

**Eligibility:** Individual with Intellectual and developmental disabilities (IDD) ages 14 to adult.

**Class size:** limited to 10 students (not including helpers)

**Sessions:** Class meets for one hour once a week for 8 weeks.

**Cost:** $125 for all 8 classes (includes both child and helper) - sliding fee available.

**Registration/Inquiries:** Email Dr. Murphy at kellem@hawaii.edu