

# Who is Paraswimming for?

There is NO age limit on para swimming! It's never too late or too early to get involved.

Para swimming combines a broad range of disabilities into three categories:

## Physical Impairments (S1-S10)

Amputees/Dysmelia;

Cerebral palsy/acquired brain injury;

Spinal cord injury/polio; dwarfism

Others (Major joint restrictions, coordination restriction, limb paralysis/weakness)

## Visual Impairments (S11-S13)

Blind; visually impaired

## Intellectual Impairments (S14)

Typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impacts on sport performance in general.

# Have questions?

# Want to get involved?

# Reach out today!



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# KISU



# SWIM CLUB

# KISU PARASWIMMING

[kisu.ca](http://kisu.ca)

# Our Program

KISU is home to BC's largest Paraswimming program. This is an inclusive program for individuals with physical, visual, and intellectual impairments.

Our paraswimming programming starts with our Para Learn to Swim, aimed at helping young swimmers attain fundamental swimming and water safety skills.

As swimmers progress, they will join our fully integrated swim program at the appropriate level. Our highly trained coaches will work with each athlete to create their ideal practice plan.



# Interested in competing?

Our para swimming program is fully integrated into our able bodied program; athletes will train with the group that best matches their speed and developmental level. Training schedules will look different for each athlete. Our highly trained coaches will work with each athlete to create a plan that will enable them to reach and surpass their goals.

# Interested in becoming watersafe?

KISU's Para Learn to Swim is an inclusive program for young swimmers with physical, visual and intellectual impairments. The focus is on athlete development from an early age where athletes gain physical literacy and build the fundamental skills necessary to be a high performance athlete.

This program swims once a week, focusing on water safety skills which allow swimmers to swim safely and reliably. Graduates of this program can continue swimming and join the competitive team, or keep swimming for fun and fitness.

