



# Adapted Aquatics Volunteer

## Overview of the Role

As an Adapted Aquatics volunteer you will have an impact on an individual with a disability and their families for whom a traditional swimming lesson may not be appropriate. Under the guidance of an Adapted Aquatics Instructor, you will provide one-on-one support to children and adults with a disability by instructing and overseeing the swimming progression of assigned participants.

New Adapted Aquatics volunteers will be provided appropriate activities and swim drills to work on with their assigned participant by the Adapted Aquatics Instructors. As you gain more experience and continue to volunteer the opportunity to plan appropriate activities and swimming drills required to help participants meet their development goals for the session.

## Key Responsibilities or Tasks

- Meet with Adapted Aquatics Instructor weekly to determine goals and targets for child's swimming development
- Arrive on deck five minutes prior to the start of the night's lessons
- Instruct the swimming lesson under the supervision and assistance of the Adapted Aquatics Instructor and focus solely on the child during the time of the lesson
- Provide updates to participants' caregivers at the beginning and end of the lesson
- Address any concerns raised with the Adapted Aquatics Instructor

## Skills, Experience and/or Requirements

- Must be able to complete our [swim test](#) (demonstrate comfort in the water and swim on your front for 20 metres in the designated swim test area of the pool. The swim test will also include a change in direction)
- Experience or interest in working with children and/or individuals with a disability is an asset
- Desire to explore a job in aquatics is an asset
- Desire to learn and develop new skills
- Communication skills - ability to speak with people in an age-appropriate manner
- Reliable and committed – able to follow through with what you said you would do

## Age Criteria:

- 14 years or older
- Individuals 12 – 13 may be considered as a junior adapted aquatics volunteer (matched with another more experienced volunteer) after the screening process

## Time Commitment:

- Thursday nights 5 – 8 p.m. – program typically runs for 7-8 weeks
- Volunteers must attend mandatory training and complete a [swim test](#) prior to the start of the program

## Benefits

- You will have an impact on an individual with a disability and their families who a traditional swimming lesson may not be appropriate and will determine child's progression goals and activities for the lesson.
- Hands on experience with our Aquatics department at the City of Kitchener
- Leadership, coaching and mentoring skills
- Specific volunteer opportunity and corporate recognition
- Volunteer verification and/or reference, community service hours and resume building

## Additional Thing You Should Know

- The volunteer shift is broken down into 4 separate lessons.
- Volunteers are not expected to handle difficult or uncomfortable situations or conversations. Staff (head guard and the Adapted Aquatics instructor) will be available during the program to assist if these situations should arise.
- Prior to your first time volunteering you are required to attend mandatory training and complete a [swim test](#).
- Shifts will occur on the deck and in the pool.
- Qualifications will be verified as part of our screening process.

## Accessibility and Accommodation

The City of Kitchener is committed to providing opportunities for all members of the community and will do our best to remove barriers to participation. Please let us know if you need any accommodations in order to support your involvement in this volunteer role.

**Address:** Forest Heights Pool | 253 Fischer Hallman Rd

**Next steps:** Application and interview

**Contact:** Sofia Hatoutzidis | Aquatics Coordinator, Forest Heights Pool | 519-741-2493 | [AdaptedAquatics@kitchener.ca](mailto:AdaptedAquatics@kitchener.ca)