



# Adapted Aquatics Programming: A Professional Guide - 2nd Edition

*Monica Lepore, G. William Gayle, Shawn Stevens*

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The second edition of *Adapted Aquatics Programming: A Professional Guide*

- clarifies rationales for adapted aquatics programming,
- broadens the scope of and enriches traditional programs for people with disabilities,
- guides instructors in improving teaching methods and safety management, and
- educates professionals on providing safe and effective adapted aquatics programs.

The second edition of *Adapted Aquatics Programming: A Professional Guide* is packed with new material, including up-to-date information on relevant legislation, guidelines on architectural accessibility, instructional strategies, equipment, safety management, and competitive and recreational aquatics activities.

This comprehensive resource is a significant addition to the aquatics literature, providing a practical learning tool for the field. The authors infuse each chapter with specific techniques as well as rationales for adapted aquatics programming. They also provide readers with

- best practices in adapted aquatics programming,
- a description of the scope of traditional adapted programs with enrichment ideas,
- guidance in improving teaching methods and safety management, and
- instruction in providing safe and effective adapted aquatics programs.

*Adapted Aquatics Programming, Second Edition*, contains a wealth of references, practical tips, and safety precautions. It includes a number of new features, including photographs and diagrams, life-experience scenarios that provide a reference point for the chapter ahead, and an objectives list for each chapter. It also offers ideas for using equipment and includes information about competitive and recreational aquatics activities.

In **part I**, the authors explore foundational issues of adapted aquatics, including models of collaboration, inclusion, planning, program development, facilities, equipment, and supplies. In **part II** they lay out instructional strategies and detail how to build safe and effective programs. They also look at the specific needs of program participants and issues related to aquatic fitness and rehabilitation. In **part III** they provide information on enhancing a program conducting competitive and recreational activities.

Founded on action-based research and current thinking, laws, and practices, *Adapted Aquatics Programming, Second Edition*, offers a practical approach to adapted aquatics, providing much-needed information on adapting the environment, equipment, instructional strategies, skill techniques, and teaching methods for people with disabilities. This text fills the need for a source of current best practices in adapted aquatics programming.

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