

The logo for 'swim farm' features the word 'swim' in a bold, blue, lowercase sans-serif font. A stylized blue swimmer icon is integrated into the letter 'i'. To the right of 'swim', the word 'farm' is written in a thin, blue, lowercase sans-serif font.

swim farm

The logo for 'club SENsational' features the word 'club' in a black, lowercase sans-serif font. The word 'SEN' is written in a large, bold, yellow, uppercase sans-serif font. The word 'sational' is written in a black, lowercase sans-serif font.

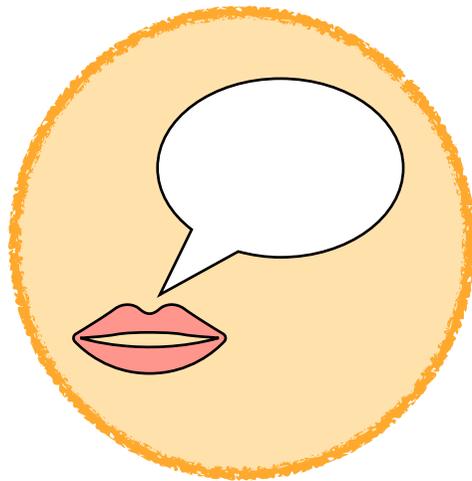
club **SEN**sational

Our aim is to provide children aged 8 to 16 with the opportunity to experience activities in a variety of environments depending on their needs.

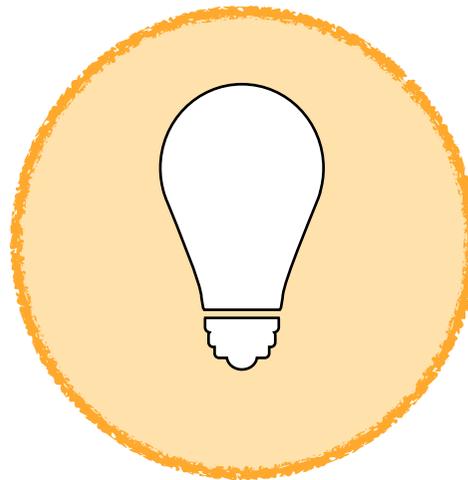
We are experienced practitioners in helping children and young people to develop social communication, both independence and life skills as well as emotional and physical wellbeing. We work closely with the young person to tailor a program to support them and increase confidence in different areas.

We also support them with their social skills and understanding by demonstrating and talking through various social scenarios and role plays.

clubSEN**sational** is aiming to develop the following skills:



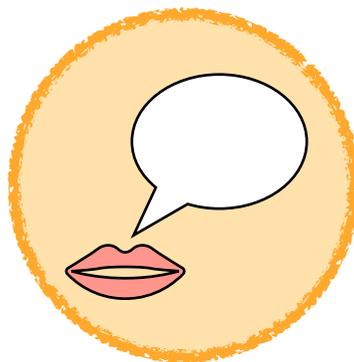
Social & communication skills



Independence & life skills



Emotional & physical wellbeing



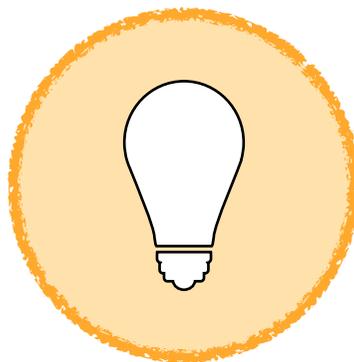
Social communication skills can be difficult for some people and children with special educational needs which can find it particularly challenging.

To develop social communication skills, we use various resources including PECS (picture exchange communication system) and TEACCH (structured lessons).

We have also embedded the SCERTS framework, which enables children to develop and consolidate core skills in social communication and emotional regulation, in different settings, which is an integral aspect of the SCERTS methodology.

At clubSENSational we will help them to practice their skills and boost their confidence with practical communication through activities such as:

- **Music and Dance**
- **Art and crafts**
- **Joint attention**
- **Swimming**

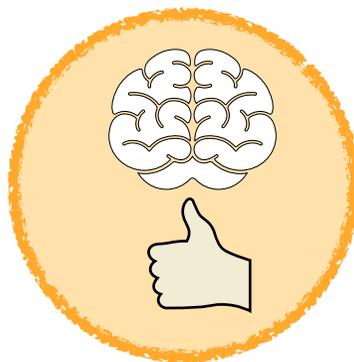


Independence and life skills are very important as they help us to manage day to day tasks in order to build confidence and lead our lives with as much independence as possible. It is fundamental for young people to learn a wide range of life skills that apply to many areas of life as well as much as executive function skills such as organizing, planning, etc.

Our life skills strategies and ideas will help children get started and provide them with tools to support continued learning throughout the transition from childhood to adult life.

All our sessions at clubSENSational provide activities supported with visual aids in order to break up each routine into smaller tasks for a better understanding. We will be focusing on activities such as:

- **Cookery** (following instructions to make healthy and simple snacks).
- **Household maintenance** (keeping space tidy, washing up, laundry and hovering).
- **Personal care** (getting changed prior and after the swimming lesson, showering and using toiletries).



Physical & Emotional wellbeing is an aspect that we really care about at clubSENSational and this is reflected in our specially developed programs.

Understanding why a child is having difficulties with emotional and self-regulation is the first step towards helping to manage their emotions more effectively. These difficulties may include sensory processing and motor skills.

We use tools such as Zones of Regulation to help young people to understand how they feel emotionally and introduce some strategies that will assist them to navigate through more challenging emotional scenarios.

All our sessions at clubSENSational provide activities that promote physical and emotional wellbeing of our students with activities such as:

- **Sensory circuits**
- **Swimming lessons & physical activity.**
- **Sensory exploration and more.**

swimfarm clubSENsational

ACTIVITIES



Swimming can help our students to improve speech, coordination, social skills, self-esteem, and cognitive processing.

We know that every child has different needs when it comes to accessing and participating in aquatic activities so we will provide personalized lessons in order to meet each student needs.

We offer a specific swimming program with qualified and autism-trained swimming instructors aiming to enhance aquatics skills, water safety and building water confidence as well as exploration through structured, fun and sensory appropriate lessons.



Introducing **mindfulness** in our program, can help our students to reduce stress and anxiety.

We believe in the importance of promoting focus and awareness of what you are perceiving and feeling in the present moment.

We will be working in the awareness of the body with the aim of enhancing the proprioceptive and vestibular systems.

In this part of our program we include activities such as joint attention, TACPAC, proprioception, breathing methods and learning relaxing strategies.



Physical activity is essential in promoting wellbeing.

We believe that precise processes of motor development are key for other developments including cognitive, affective and social development.

We offer fun, structured and engaging classes enhancing the fundamental movement skills of agility, balance and co-ordination.

At clubSENsational we also use sensory circuits, that are a great way of stimulating children's sensory-motor skills through a series of short activities which will help our students to be ready for learning.

swim farm club **SEN**sational

ACTIVITIES



Cookery is an activity that offers amazing learning opportunities for every child. It is hands-on, sensory and can introduce a variety of different foods and experience a huge variety of new smells, tastes and textures.

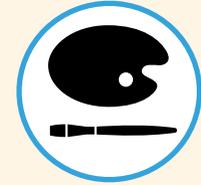
We aim for simple activities where children need to follow instructions in order to prepare simple snacks, food and drinks. These activities promote independence, creativity and sensory integration enhancing our students needs.



Music and dance have multiple benefits. They are a unique form of communication that can change the way children feel, think and act.

This will help to build self-confidence as well as improving both social and motor skills. Both activities will also help to improve the attention span of our students.

We offer a range of multiple, fun activities such as listening music, singing, dancing and playing musical instruments.



Art is an activity which can be highly adaptive and enjoyable for all our students. It is also an excellent way to communicate and express their emotions.

Our aim is to find out what works best for our students using different materials and tools to improve their imagination and creativity.

We will include a different range of activities such as ice cube painting, play-dough sculptures, sand art, face painting and much more.

We will run all our lessons in our facilities at Swimfarm and we have two different areas: the **classroom area and pool area.**

CLASSROOM AREA

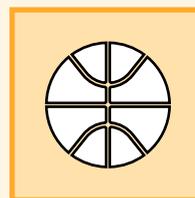


Educational area

This low arousal space has been created to promote learning and growth.

The classroom area is designed based on the TEACCH framework so every student has access to communication aids, visuals and personalized schedules.

Throughout their sessions, the interests of each individual will be used to achieve maximum active engagement and increase learning potential.

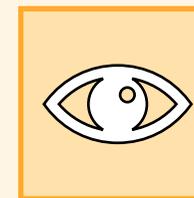


Physical therapy area

This area helps to develop individual social and emotional interaction and engages the children physically.

Coordination, balance, agility and posture control are areas where our students may struggle, so we will help children to develop their gross motor skills throughout different activities and games.

We have incorporated all the equipment needed (therapy balls, trampoline, balance boards, etc) in order to provide the best environment to enhance the physical and emotional wellbeing of our students.



Sensory area

We have created a quiet and calm space, dedicated to stimulate, develop and relax the senses.

The sensory area allows children to have freedom and autonomy to explore the environment for themselves at their own pace.

Our activities will allow an opportunity for each child to become involved through sight, sound, touch and smell.

We have incorporated all the equipment needed (bean bags, massagers, fidgets, low lights, lighting projectors, mirrors and bubble tube) in order to provide a therapeutic environment.

POOL AREA

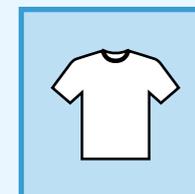


Swimming pools

The pool area is **quiet and warm** so that children can relax, focus and be taught without the usual distractions of a large noisy public pool.

We have two pools (tanks):

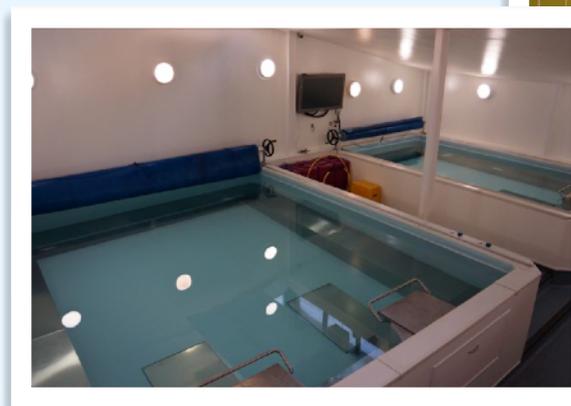
- The first pool has a single stream. Dimensions: 2m x 4.5m x 1m deep.
- The second pool is a double pool with two streams. Dimensions: 4m x 4.5m x 1m deep.



Changing rooms & showers

In the pool area there are:

- Showers.
- **Private changing rooms** for boys and girls.
- Lockers.



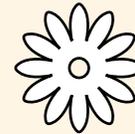
swimfarm club**SEN**sational

BOOKING AND TERM DATES

SUNDAY CLUB

TERM DATES

- 6 weeks program taking place every Sunday during term times.
- 2 hours of one to one specialist support for children and young people with autism.
- 40 min private lesson in our private pool.



SPRING TERM

18/04/2021 - 23/05/2021

9:00am -11:00am

11:15am - 1:15pm



SUMMER TERM

13/06/2021 - 18/07/2021

9:00am -11:00am

11:15am - 1:15pm

BOOKING AND MORE INFORMATION

If you would like **more information**, please call 07592558671 or email swimfarmclubsensational@gmail.com.

Spaces will be offer on a first come first served basis as we work in small groups to guarantee that all individual needs are fully met. Transport is NOT included.

Booking admin: hello@swimfarm.co.uk or 020 89696758.

All of our teachers have up to date **DBS certificates** – to ensure the safety of your children.