

# Snoezelen pool session descriptions

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\*Note: The Snoezelen pool program is not meant to be an introduction to swimming for your child. It is a therapeutic session where the senses are gently stimulated through visual/tactile effects and reduced overhead lighting.

## Relaxation

The relaxation session is meant to support a calmer pool environment. This is geared specifically to clients who are medically fragile or have physical disabilities/limited independent mobility and who require a quieter pool environment with less splashing.

## Explorative

Explorative sessions are for clients who thrive off of/require higher levels of stimulation and physical activity. They are appropriate for clients who may seek out strong stimuli, enjoy splashing and movement, vocalize emotion, etc.

## Combination

Suitable for clients who may not have a specific preference for relaxation vs. exploration. Can include clients with developmental disabilities who are more active/mobile. Please note that these are still quiet sessions i.e. no excessive splashing, using flippers, snorkels etc., or swimming pool lengths.

## School/Group

School/group sessions are offered for schools, community groups, etc. who wish to book a session exclusive to their students/clients.

