

Special Needs Aquatics Program

SNAP Program

The Special Needs Aquatic Program (SNAP) has joined forces with the Palo Alto Family YMCA, Kids with Dreams at Stanford University, and United Cerebral Palsy of the Golden Gate, to provide a community based aquatics program for children with special needs. SNAP is a motor development program for children with a variety of abilities and challenges.

SNAP strives to help kids with special needs feel pride and self-confidence while helping them build stronger bodies, make friends, and have fun. Programs are tailored to meet the needs of each child. We stress fun, fitness, and independence in a supportive non-competitive environment.

Program Benefits

The water can help improve a child's cardiovascular and respiratory fitness, flexibility, strength, balance, coordination, body scheme, and sense of self. Many children gain increased independence as they learn and/or practice how to walk, talk, reach, roll, jump, and swim. SNAP is also a great social outlet. Participation in the SNAP program is a magical time for everyone.

SNAP Sessions

SNAP sessions follow the Stanford University academic calendar. Lessons are held between 3:45 pm and 5:45 pm on Friday afternoons at the Palo Alto Family YMCA in a heated indoor instructional pool. Lessons are 30-45 minutes in length with a lead instructor and 1:1 instruction with volunteer assistants. Priority is given to youth with physical challenges and those not enrolled in therapeutic aquatic services elsewhere.



Registration

1. Complete phone interview with SNAP program manager, Kathryn Azevedo.
2. Complete registration and YMCA membership materials.
3. Once we receive your completed registration materials, your child will be placed on our waiting list.
4. When an opening appears, you will be contacted by the SNAP program manager for an in water evaluation for your child.
5. If accepted into SNAP, the YMCA membership payment and a SNAP fee of \$125.00 per session are required.
6. Your child must be a YMCA member to participate in SNAP at the Palo Alto Family YMCA. Financial assistance may be available.



PO Box 1855, Los Altos, CA 94023
snapswim@gmail.com • www.snapkids.org

YMCA Membership

Membership means being part of a worldwide association with over 30 million other members, carrying on the work of the YMCA. Any person, regardless of sex, race, religion, or creed, who is in agreement with the YMCA mission and is willing to abide by the YMCA guidelines, is welcome to become a member.

Membership Categories

Family Membership: Two adults with children through age 23 all residing in the same household receive full facility usage for \$113 per month.

Single Parent Membership: Single parent with their children through age 23, all residing in the same household receive full facility usage for \$88 per month. This includes adult dependents 65 and over residing in the same household.

Youth Facility Membership: Children ages 6-17 receive full facility usage for \$31 per month.

Youth Program Membership: Children ages 6-17 receive access to specific registered programs for \$45 per year.



Mission Statement

The YMCA of the Mid-Peninsula, based on the values of Caring, Honesty, Respect and Responsibility, improves life through experiences enriching Spirit, Mind and Body for all.

Financial Assistance for families in need is provided by funds raised during the Community Support Campaign. To apply for financial assistance, or to make a contribution to support the financial aid program, please call 650.856.9622

Volunteers Needed

SNAP is a community based aquatic program staffed by volunteers, known as “helpers”. SNAP helpers work 1:1 with our special swimmers in the water under the supervision of a head instructor and an aquatic rehabilitation specialist. New helpers receive training, and will work with an experienced helper. If you are interested in becoming a helper, please request a volunteer application from our program manager. Volunteers are required to pass a swim test and complete a background investigation.

Contact Information

Kathryn Azevedo, Ph.D., ATRIC, CMP, is certified in aquatic therapy, massage, and adapted aquatics with 20+ years in aquatics.

Kathryn Azevedo, SNAP Program Manager
P.O. Box 1855, Los Altos, CA 94023-1855
swimsnap@gmail.com • (650) 736-8626 •
www.snapkids.org

The following websites can provide your family with additional information.

SNAP: www.snapkids.org

Kids with Dreams: www.stanford.edu/group/kwd/

United Cerebral Palsy: www.ucp.org

Palo Alto Family YMCA: www.ymcamidpen.org



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We build strong kids, strong families, strong communities



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SNAP is a program of United Cerebral
Palsy of the Golden Gate



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YMCA