

# The Achievement Centers for Children

We provide comprehensive and family-centered services for children and young adults with a wide range of disabilities at a variety of locations, including schools, childcare centers, homes and at the Achievement Centers' three locations in Highland Hills, Westlake, and Camp Cheerful.

In addition to Adapted Aquatics, our services include:

- Nationally recognized autism programs
- Customized physical, occupational and speech therapies
- Award-winning education and childcare programs
- Technical Assistance Program for families and childcare providers
- Premier camping and recreation opportunities (residential and day camps)
- Personalized, comprehensive behavioral health counseling for all ages—early childhood through adulthood



## Achievement Centers for Children locations:

### East

4255 Northfield Road  
Highland Hills, Ohio 44128

### West

24211 Center Ridge Road  
Westlake, Ohio 44145

### Camp Cheerful

15000 Cheerful Lane  
Strongsville, Ohio 44136

For Referrals & Information:  
**Call (216) 292-9700**

Or visit  
**[www.achievementcenters.org](http://www.achievementcenters.org)**

#### *Accreditation and Licensure*

The Achievement Centers' programs and services are licensed and accredited by many entities, including:

American Camp Association; Certified Medicaid Provider  
Ohio Department of Education; Ohio Department of Health  
Ohio Department of Human Services; Ohio Department of MR/DD  
Ohio Department of Mental Health;  
Commission on Accreditation of Rehabilitation Facilities (CARF)  
North American Riding for the Handicapped Association

#### *Collaborations*

Starting Point  
Educational Service Center of Cuyahoga County  
Cleveland Clinic Children's Hospital  
University Rainbow & Babies Children's Hospital  
The MetroHealth System; Cuyahoga County Board of MR/DD  
Cuyahoga County Community Mental Health Board; Help Me Grow Collaborative  
Muscular Dystrophy Association  
Kidney Foundation of Ohio, Inc.



## Adapted Aquatics



# What is Adapted Aquatics?

In January 2008, the Achievement Centers for Children introduced Adapted Aquatics at its Westlake facility. Adapted Aquatics is a program designed for children with neurological, developmental, and cognitive challenges that teaches them independent swimming and water safety. Children with disabilities can be successfully integrated into traditional swim programs if they are introduced to the water gradually in a quiet setting that enables them to focus.

While enrolled in the Adapted Aquatics program, students learn American Red Cross Aquatics Level I, II and III swim skills. However, the ultimate goal is for these children to be able to one day join traditional swimming classes in their own communities. Other goals and benefits of the Adapted Aquatics program include:

- Providing a sense of freedom to children who require physical assistance through water therapy, while encouraging them to push past their physical limitations
- Allowing children to move their bodies in ways that may be difficult for them on land
- Building strength, increasing cardiovascular endurance and improving motor planning skills
- Helping children with sensory impairments learn how to exert more control over their body's movements
- Providing opportunities for continued social interaction with family, friends and other children

Contact the Achievement Centers today to learn more about the advantages of Adapted Aquatics!

# Registration for Adapted Aquatics

Adapted Aquatics is offered quarterly at the Achievement Centers' Westlake facility and consists of 10 individual or small-group weekly swimming lessons.

The cost of the program, based on a 10-week session for individuals is as follows:

**45-minute session:**

**\$340 (\$34/class)**

**30-minute session:**

**\$240 (\$24/class)**

**\$30-minute group session:**

**\$200 (\$20/class)**

*\*Note: If using Family Resource Funds to pay for this program, a letter from Family Resources is required in advance of registration. If paying privately, the fee will be paid in two installments, the first installment being due the week before the session starts and the second installment due halfway through the session.*



# About the Instructors

The Achievement Centers' Adapted Aquatics program is led by Karyn Kaschalk. Karyn has been an instructor of Adapted Aquatics for seventeen years.

Karyn and a core team of qualified, experienced instructors are committed to creating an aquatics program that teaches children with neurological, development and cognitive challenges how to swim.

Each child receives individualized, progressive strategies that make learning achievable, sensory integrative and fun.

Adapted Aquatics is currently available five days a week.

**For more information or to register for Adapted Aquatics, please call 440-250-2520**