


[HOME](#) | [CONTACT](#) | [SITE MAP](#) | [SEARCH](#)

[Membership](#) | [Virtual Tour](#) | [News](#) | [Newsletter](#) | [Class Schedules](#) | [Events](#)
[FITNESS](#) | [GROUP EXERCISE](#) | [AQUATICS](#) | [KIDS KLUB/PLUS](#) | [WELLNESS](#) | [AMENITIES](#) | [Health Tips](#)


## News / Press Releases / News-021709

ABOUT US:  
[LCP Newsletter](#)  
[Membership](#)  
[News](#)  
[Facilities](#)  
[Hours](#)  
[Directions](#)  
[Contact](#)  
[Virtual Tour](#)

FOR IMMEDIATE RELEASE For more information: February 17, 2009  
 Jim Clark, Director of Aquatics  
 330-655-2377 Ext. 125  
[jclark@lifecenterplus.com](mailto:jclark@lifecenterplus.com)

### **LifeCenter Plus Offers Statewide Special Needs Workshop Adaptive Aquatics weekend workshop draws instructors throughout state**

Hudson, OH—LifeCenter Plus Health and Fitness Center at 5133 Darrow Road in Hudson will offer a two-day workshop by pioneering Adaptive Aquatics Red Cross Water Safety Instructor Trainer Jim Beeson, on Friday, February 20 and Saturday, February 21. Aquatics instructors from across the state have registered to learn Beeson's uniquely successful techniques for teaching swimming skills to people who range from children with autism to adults with disabilities and age-related challenges. A singular aspect of this workshop is the incorporation of disabled persons who will take part the second day to experience the benefits of individually designed warm water therapy programs, administered by the teachers who have just studied the techniques. There are 21 instructors attending from all over the state and 20 students.

The Adaptive Aquatics Workshop will take place in LifeCenter Plus' large indoor warm water therapy pool and resistance river. People with disabilities, especially children, gain many benefits from working an aquatics program designed for their individual challenges. These benefits include better coordination, strength, stamina, self-confidence, overall health and even increased social skills.

#### **Sessions are learning opportunity for kids and professionals**

The first day and a half of the workshop will give aquatics professionals intensive instruction in the classroom. On Friday evening, Mr. Beeson will do three group assessment sessions in the water with children who have varying disabilities and who were chosen for the -more-

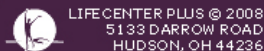
program. On Saturday, after a morning of classroom instruction, the aquatics professionals will spend the afternoon in the pool working with the children, so that both kids and adults can benefit from the techniques and ideas they have just learned.

#### **Adaptive Aquatics programs are growing in popularity**

With the aging of the U.S., and prevalence of autism in children on the rise, adaptive aquatics programs are becoming a valuable tool nationwide to reach almost a quarter of the population who could be considered disabled in some way. LifeCenter Plus is the first fitness/aquatics center in the state to offer an intensive workshop of this scope. Assistant General Manager and Aquatics Director Jim Clark got the idea after attending a professional club industry conference in Chicago last fall and realizing that this is one of the fastest growing needs in the fitness industry.

**LifeCenter Plus is unique in Northeastern Ohio in having an established adaptive program for children with disabilities of all kinds.** Entitled S.P.L.A.S.H., the popular swimming program features individually tailored lessons with social group components for children of all ages, including a new Preschool/Kinder S.P.L.A.S.H. class and private adaptive lessons. Interested parties should call Jim Clark at 3330-655-2377, extension 125 for more information.

###



[FITNESS](#) • [AQUATICS](#) • [GROUP EXERCISE](#) • [KIDS CLUB/PLUS](#) • [WELLNESS](#) • [AMENITIES](#) • [CONTACT US](#)  
[MEMBERSHIP](#) • [VIRTUAL TOUR](#) • [NEWS AND EVENTS](#) • [CLASS SCHEDULE](#) • [EVENTS](#) • [SITE MAP](#) • [ABOUT US](#)

Site designed by Lunar Cow