The City of Los Angeles Department of Recreation and Parks Adaptive Swim program is designed for people with a physical, visual, hearing, or cognitive impairment, and open to ages 4 and up.

Adaptive Swim is taught in a group lesson and the instructor incorporates water safety and swimming fundamentals, while accommodating the abilities of each individual. Aides are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons.

If you have any questions about participating, please contact citywide.aquatics@lacity.org.