



FOR IMMEDIATE RELEASE

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Special Needs Children Find Fun and Confidence in the Pool
New swim class will be offered this fall through Jack's Helping Hand

SAN LUIS OBISPO, CA—Extended by popular demand, a larger “Little Swimmers” class will be offered this fall to children with physical challenges and special needs at Cuesta College. The summer session for children up to 5 years old was so successful that two qualified instructors are now available for one larger class that can accommodate 14 children ages 2 to 8. The two instructors can divide the group according to age or ability. Sponsored by Jack’s Helping Hand, Inc., the fall class will be held on Wednesdays at 3:30 p.m. from October 14th through November 18th.

Designed for children with special physical needs, Little Swimmers classes engage them in fun water activities that encourage both physical and social development. Red Cross guidelines and parent participation ensure utmost safety. Classes are \$25 for the entire season.

“We offer scholarships for those who can’t afford the fees,” said Jack’s Helping Hand’s Charitable Administrator, Mary Illingworth. “And we also provide any special equipment that the instructor might need to assist her in teaching the class.”

The head instructor, Tess Jansse, has an undergraduate degree in Kinesiology and is a pre-physical therapy graduate student, with all the required certifications critical to this special group of children. Her company, Kids Improvement Program (KIP), employs other qualified teachers.

“We loved hearing the laughter and seeing the confidence that developed so easily in the swimming pool this summer,” said Bridget Ready, co-founder of Jack’s Helping Hand. “We hope to see many more happy faces this fall.”

Now in its fifth year of service, Jack’s Helping Hand is an award-winning non-profit organization that assists disabled and medically fragile children, providing special treatments, services, equipment and transportation not provided by other sources, or that exceed family financial capabilities. To register or for more information about Little Swimmers classes or Jack’s Helping Hand, call (805) 547-1914.

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