



## Burlington County Special Services School District Aquatics Program Curriculum



### **AQUATICS CURRICULUM - Alyssa Amodio, Aquatics Instructor**

1. Basic swim instruction and aquatic skills
2. Developmentally appropriate activities
3. Increase body and spatial awareness
4. Generalization of skills learned in the classroom
5. Social skills building activities
6. Increase confidence, independence, and responsibility of oneself
7. Improving cardiovascular endurance
8. Cross-curricular development of academic skills
9. Increase muscle strength, toning, and flexibility
10. Natural environment teaching of adaptive daily living skills

**BCSSSD**  
20 Pioneer Blvd.  
Westampton, NJ 08060  
(609) 261-5600  
[www.burlicschools.org](http://www.burlicschools.org)