



Aquatics/Swimming

Swimming is known to help Soldiers improve their physical stamina, while also promoting emotional and spiritual well-being. Swimming can be beneficial for Soldiers who have upper body, lower body and/or back injuries, behavioral health issues or Post Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Adaptive Reconditioning (AR) team will screen each Soldier for participation in aquatics/swimming.

Resources provided by:

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Morale, Welfare and Recreation (MWR) programs
- Swim Instructor
- Life Guard

Each AR team will help schedule the pool, life guard and instructor. Some pool temperatures may be too cold for some Soldiers who have conditions of pain, muscle tightness and/or poor circulation. Each Soldier's AR team will take this into consideration when selecting a venue for aquatics.

Equipment/resources provided:

- Goggles
- Flotation belts
- Kickboards, noodles, hand paddles, aqua joggers

Equipment/resources Soldier brings:

- Goggles (if owned)
- Swim attire and towels
- Swimming cap (optional)
- Water bottle

Location(s):

- MWR pool
- Local YMCA, gym or health club
- *Costs may be associated (gym or club fees)

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html