



**United Cerebral Palsy Association
of Greater Indiana, Inc.**
1915 West 18th Street, Suite C
Indianapolis IN 46202
800-723-7620
Fax 317-632-3338
<http://www.ucp.org>

RESOURCE MEMO # RC-5

Date: January 10, 2006
RE: Adapted Aquatics Programs - Indianapolis Area

1. Baxter YMCA, 7900 Shelby Street, Indianapolis:

- a. WAVES - adapted swim program for children under the age of 18
Tuesday evenings from 6-7 p.m.
- b. Private water exercise lessons for adults (30 minute sessions)
If not able to dress, enter/exit pool independently, must have aide

The price for (6) sessions is: \$72 for YMCA members; \$120 for non-members
Membership is \$48/month

Contact front desk to sign up: 317-881-9347

2. University of Indianapolis (at the Natatorium)

- a. NO aquatics program for adults with disabilities but there is a Tuesday evening "fitness class" for people with disabilities
- b. Saturday morning aquatics program for children ages 3-15 years

Contact Dr. Katie Stanton at 317-274-2295 or kstanton@iupui.edu

3. Benedictine Center, 1402 Southern Ave., Beech Grove (317-788-7581):

- a. NO programs specific for adults with disabilities but will welcome anyone
- b. Water Aerobics
Monday, Wednesday and Friday mornings from 9-10 a.m. or
Monday, Tuesday and Thursday evenings from 5:30-6:30 p.m.

Cost: \$50 for 13 sessions or 1 month; no pre-registration required