

Sensory Friendly Swimming at The ARC

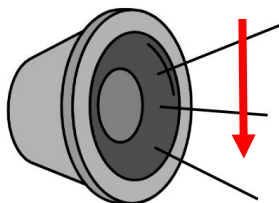
Going swimming is fun! The ARC at Campbelltown has 2 big swimming pools to go swimming in.



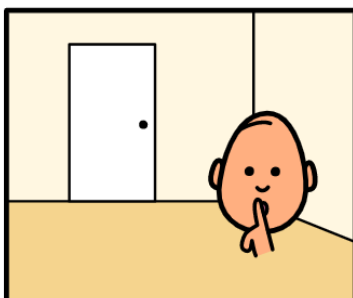
The ARC is holding a sensory friendly swimming session to make the swimming pool area quieter and less busy.

During the sensory friendly swimming session, they will:

- Turn off noisy equipment (like the water features)



- Provide quiet spaces to take a break

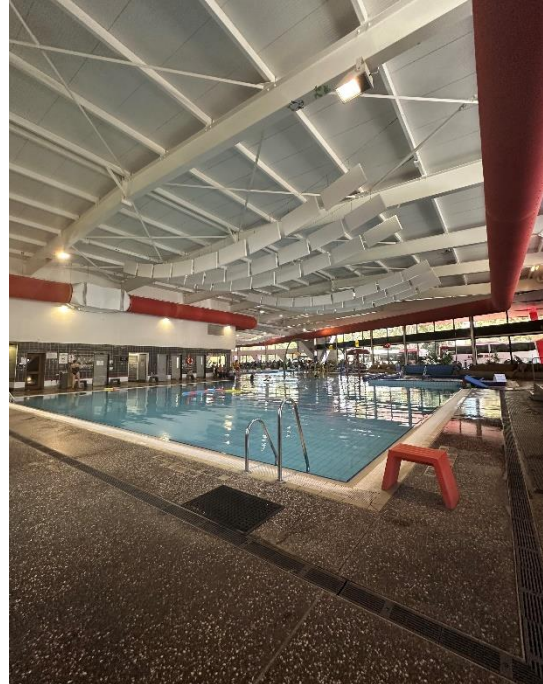
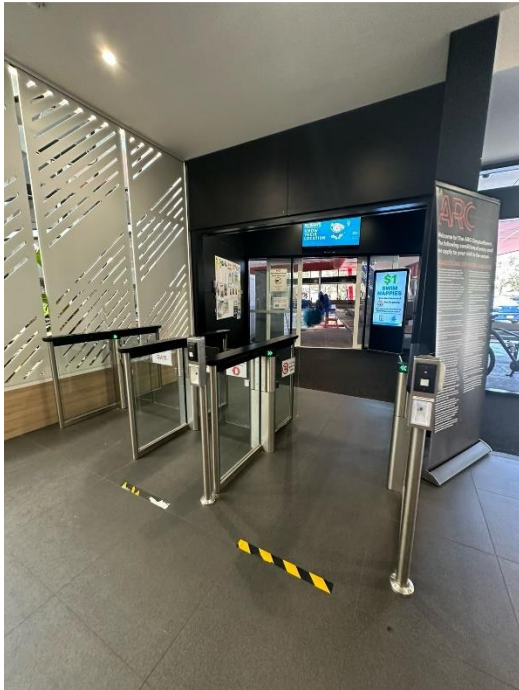


- Have a smaller number of people at the event and in the pool

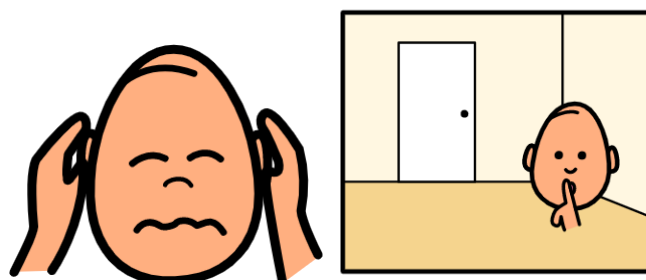


The ARC swimming pool has lights that need to be on to keep everyone safe.

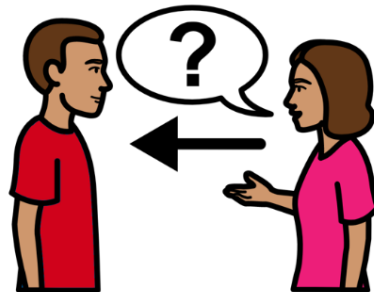
These are some photos of The ARC Swimming Centre.



Sometimes there might be lots of other people around. There will be sounds at the pool, like other people splashing, talking and swimming. If the noise becomes too much for me, I can go to a quiet area, or I can bring ear defenders with me.



If I need help, I can ask one of The ARC staff members. Lifeguards wear yellow t-shirts. Customer Service Officers wear red t-shirts. The staff may be wearing grey jackets. All the staff working during the inclusive swimming session will know what autism is and how they can support me.



The café will be open if I want to buy food and drink. Sometimes cafés don't have food I like. I can bring food from home if I need it.



Being prepared to go swimming can help me feel more comfortable when I go.

