



Spectrum Sea Turtles Aquatic Program

Location: YMCA @ 212 Butler Road, Falmouth VA, 22406

Time: 4:00PM-5:00PM on Fridays in the Wellness Pool

Spectrum Sea Turtles is a program that is designed for Autistic Adolescents and Adults that can provide benefits

- SOCIAL INTERACTION
- COGNITIVE PROCESSING
- WATER CALMING ELEMENT FOR HYPERSENSITIVITY
- GUIDANCE AND DIRECTION
- BOOST CONFIDENCE
- IMPROVE BALANCE AND COORDINATION

*Parents, family members, and caretakers are welcome to take part in the program

If you are interested or have any questions, please email jared@fusionpta.com or call us at 540-710-5144



RAPPAHANNOCK AREA YMCA