



BRINGING HALLIWICK TO YOUR COMMUNITY

BACKGROUND

[Beit Issie Shapiro](#) (BIS) is a global leader and innovator of cutting-edge therapies and services for children and adults across the entire range of disabilities, impacting on half a million people annually. Through international affiliations like the United Nations and education and training programs, BIS' impact reaches across the globe in over 33 countries.

Recognizing the powerful therapeutic benefits of the water, BIS pioneered hydrotherapy in Israel in 1992, and has since become a standard-setter in this field, leading to the formal recognition of hydrotherapy by the Israeli State authorities, the establishment of 150 hydrotherapy pools throughout the country, the training of over 1,000 hydrotherapists, as well as conducting academic level research with associated published articles.



Hydrotherapy is medically proven to benefit people with many types of disabilities, ranging from motor disabilities, cerebral palsy, through to orthopedic difficulties and stroke damage. The water also provides psychological benefits to many people, especially children – enhancing their sense of well-being and promoting therapeutic goals in an environment of enjoyment and relaxation. In addition, the pool becomes a tool for social inclusion by bringing the community together – breaking barriers and stigmas.

THE HALLIWICK CONCEPT

The [Halliwick Concept](#) is a unique and innovative approach to teaching all people, in particular those with physical and/or learning difficulties, to participate in water activities, to move independently in water, and to swim. The Concept is underlined by the belief in the benefits - physical, personal, recreational, social and therapeutic aspects - that can be derived from activities in the water and sets out the fundamentals necessary for their learning.

The Halliwick Concept is based on a Ten-Point Program, which creates a process leading to personal independence in the water. The Program focuses on:

1. Mental adjustment - the swimmer develops the ability to respond flexibly to different environments, situations or tasks in the water.
2. Balance control – the swimmer develops the ability to maintain or change position in the water in a controlled way.
3. Movement – the swimmer is able to create the desired movements to perform an activity with efficiency and skill.

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Changing the lives of people with disabilities

On the Willie & Celia Trump Campus

BIS' certified Halliwick trainers have trained hundreds of instructors who work in various aquatic environments.

[Click here](#) for more information on the Halliwick Concept, [here](#) for supporting video clips for the Ten Point Program, and [here](#) for further information on the history of the Concept.

WHO CAN BENEFIT?

The Halliwick Concept is suitable for teaching independence and confidence in the water, swimming or therapy. Due to its great flexibility, it enables specific adjustment to each swimmer according to his / her abilities. Therefore, it is suitable for people who want to learn to swim or people who are interested in promoting functional goals. It also enables working with a wide range of populations: people without disabilities and people with motor, communicative or cognitive disabilities.

WHO CAN BECOME A HALLIWICK PRACTITIONER?

The Halliwick Concept is suitable for swimming instructors who want to expand their understanding and knowledge in adaptation of teaching skills, for therapists who want to acquire additional therapeutic tools or for people who have no previous background in the field of treatment or water, but are interested in taking part in this activity.

THE COURSE INSTRUCTOR – MS. YAEL YOSHEI



Yael has been working for the past 2 decades as an Occupational Therapist and a Hydrotherapist at BIS. She currently works as a Hydrotherapy and Snoezelen (controlled multisensory environment) Training Programs Director at BIS' Trump International Institute for Continuing Education in Developmental Disabilities. Yael teaches Hydrotherapy, Snoezelen, Adapted Physical Activity and Special Education Assistants courses at BIS, throughout Israel and abroad, as well as in the Inclusive University - a special program for students with severe learning and adjustment disabilities.

In addition, Yael serves as Chair of the International Halliwick Association Education and Research Committee. Yael has a Bachelor's Degree in Occupational Therapy from Tel Aviv University.

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BIS' BASIC HALLIWICK COURSE

The 40-hour course (five consecutive days) integrates both theoretical and practical experience in the pool.

Participants receive a Halliwick Certificate recognized by the International Halliwick Association.

COURSE OBJECTIVES:

- To impart knowledge on the Halliwick Concept and its principles;
- To impart knowledge on the Ten-Point Program and its implementation in the water;
- To impart knowledge on how to adapt the Ten-Point Program to the individual swimmer according to his/her unique needs;
- To provide the course participants with the tools to work in the water in a correct, safe and creative way, with an array of swimmers.

LEARNING OBJECTIVES:

- Knowledge of water characteristics and their effect on the body during immersion;
- Familiarity with the ten points of the Halliwick Concept and their teaching methods;
- Ability to build age and ability-appropriate activities for a variety of swimmers;
- Ability to give proper support to each swimmer, according to their abilities;
- Basic knowledge of disabilities.

COURSE CURRICULUM:

MODULE	DURATION
Water characteristics: Hydrostatics and Hydrodynamics and their use in swimming instruction and Hydrotherapy	4 hours
The Ten Points of the Halliwick Concept: From mental adjustment to basic swimming movement - Teaching independence, confidence and movement control in the water	16 hours
Providing appropriate support for each swimmer: Teaching techniques to achieve independence without the use of floatation aids	10 hours
Planning games and activities in the water for swimmers of different ages and abilities according to the 10 Point Program	5 hours
How different disabilities effect the body and the swimmer's ability to learn and gain independence in the water. How practitioners can support the swimmers accordingly	5 hours

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COURSE LOGISTICS

DATES:

4-8 November 2019,
8:30am-4:00pm daily

VENUE:

Shames JCC on the Hudson
371 S. Broadway, Tarrytown, NY 10591

COSTS:

- Early Bird Registration (15 July – 15 September, 2019): 1450 USD
- Registration (16 September – 3 November, 2019): 1600 USD

Costs do not include:

- Transportation
- Accommodation
- Meals

For additional information, please visit www.shamesjcc.org/halliwick.

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