

Thursday, August 27th 5:00-7:00pm  
Happy Hour Meet and Greet at [Buca di Beppo](#)  
(Optional, not included in price)

Friday, August 28th 10:00am-6:00pm

- 10:00-10:30 Check-in at [Lake Union Swim Academy](#)
- 10:30-1:30 Socializing and Connecting, [Electric Boat Tour of Lake Union](#)
- 1:30-2:00 Lunch included
- 2:00-5:00 In Pool Time
  - Topics
    - Different Techniques and Uses for Pool Equipment
    - Using Verbal Cues to Successfully Build Swim Skills for Autistic and Nonspeaking Swimmers
    - Finding the Balance: Supporting Opposing Sensory Needs in the Water
- 5-6 Wrap Up with Q&A Discussion

Saturday, August 29th 10:00am-6:00pm

- 10:00-12:00
  - Recognizing the Signs with Neurodivergent Swimmers: Anxiety, Overload, and Elopement
  - Autism Across Time: Understanding the Past to Shape the Future
- 12:00-12:30 Catered Lunch Included
- 12:30-1:30 Round Table Discussions
- 1:30-6:00 Learn It, Do It, Apply It; Taking Skills from Land to Water
  - Regulate, Don't Escalate: Supporting PDA and Behavioral Needs
  - Guest Presenter: Listening Differently: Communication and Regulation from a Non-Speaker
  - The Seven Layers of Water Safety: Protecting Autistic and Non-Speaking Swimmers

Sunday, August 30th 10:00-12:00 Coffee/Pastries Included

- Building a Successful Adaptive Swim Program
- Techniques in Partnering with Families for Lasting Impact
- Carrying the Tide Forward: Key Takeaways and Next Steps

12:00pm - Conclusion of Tides of Inclusion Conference

12:00-2:00 Optional (not included in price): Lunch and Activities at the [Seattle Center Armory](#)

2:00-4:00 Optional: Observe Nurturing Waters Therapies' Instructors In Action at LUSA