



Free Disability Taster Sessions

DISABILITY GROUPS

PHYSICAL

- Cerebral palsy
- Amputee
- Spinal injuries
- Dwarfism
- Polio
- Spina bifida
- Multiple sclerosis
- Arthrogyrosis

SENSORY

Visual impairment

INTELLECTUAL

IQ of below 75

ALL AGES

Attendance Criteria:

- Able to swim 25metres or more
- Be comfortable in deep water
- Would like to do more swimming
- New to disability swimming

To book a place contact:

Email: dave.white@swimming.org
Mob: 07584025154

Swimming Taster Sessions At these local pools

Gosport Leisure Centre,

Forest Way,
Gosport
PO13 0ZX
20th Jan 2017 (6.30pm-7.30pm)

Waterlooville Leisure Centre,

Waterberry Drive,
Waterlooville,
Hampshire,
PO7 7UW
22nd Jan 2017 (4.00pm-5.00pm)

Wycombe Leisure Centre,

Handy Cross,
HP11 1UP
1st Feb 2017 (7.30pm-8.30pm)

Kingham Hill Swimming Pool,

Burford Rd,
Chipping Norton
OX75DY
2nd /23rd Feb / 30th Mar 2017
(6.00pm-7.00pm)

Tonbridge Wells Leisure Centre,

St John's Rd,
Royal Tunbridge Wells
TN4 9TX
4th Feb 201 (11.30am-12.30pm)

Kingsmead Leisure Centre,

Kingsmead Rd,
Canterbury CT2 7PH
4th Feb 2017 (4.00pm-5.00pm)

Bracknell Leisure Centre,

Bagshot Rd,
Bracknell
RG12 9SE
12th Feb 2017 (2.00pm-3.00pm)

Magnet Leisure Centre,

Maidenhead
SL6 5JB
12th Feb 2017 (5.00pm-6.00pm)

Littlehampton Leisure Centre,

Sea Rd,
Littlehampton
BN16 2NA
21st Feb 2017 (7.00pm-8.00pm)