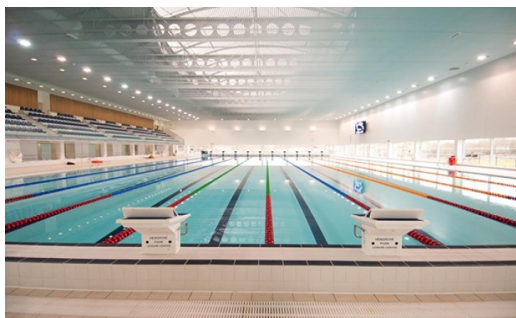




PARA-SWIMMING

Monthly skills session for Para-Swimmers



Forward dates:

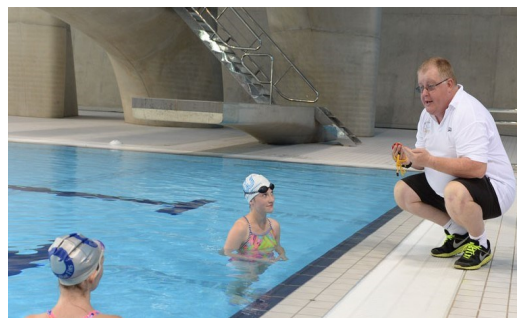
SUNDAY—3rd Sept 2017

SUNDAY—1st Oct 2017

SUNDAY—5th Nov 2017

Pre-Pool 3.30-4.00pm

Pool 4.00-5.00pm



The swim skills based session, will also provide an opportunity for teachers and coaches to experience working with swimmers with a wide range of impairments.

(contact Dave for details)

Hengrove Park Leisure Centre, Hengrove Promenade, Bristol. BS14 0DE

Who is eligible to attend?

Any swimmer with an eligible impairment for Para-Swimming

Able to swim 25m on two strokes without aids and be comfortable in deep water

Swimmers may or may not be classified—please contact for advise if you are unsure.

Impairments Include:

Cerebral Palsy

Amputee

Spinal Injuries

Dwarfism

Polio

Hemiplegia

Arthrogyrosis

Visual Impairment

Multiple Sclerosis

Spina Bifida

Is there a cost?

To be able to cover pool costs there will be a cost of £5.00 per session, this can be paid on the day by cash or cheque

- cheques payable to ASASWR

What do I need to bring?

You will need a drink in a plastic bottle and swim kit.

Goggles, T shirt, kickboard, fins & pull buoy if you have them

Please contact for advice where you can get these items if you don't already have them



For more information in regard to Para swimming or to book a place contact:

Dave White

Para-Swimming Pathway Officer

South East / South West / West Midlands

M 07584025154

E dave.white@swimming.org



Swim England

Para-Swimming