

Tyne & Wear Para-swimming Come & Try Session

Friday 31st March 2017

Sunderland Aquatics Centre, SR5 1SU

Registration from 430pm, Pool session 500-600pm



This taster session is for disabled swimmers wishing to find out more about Para-swimming.

Swimmers will take part in a range of adapted activities designed to showcase individual ability.

All participants will receive personalised advice on other opportunities available to them following the session.

Swimmers must be able to swim out of their depth to a minimum distance of 50m.

Disability groups

Physical

Cerebral Palsy
Amputee
Spinal Injuries
Dwarfism
Polio
Spina-Bifida
Multiple Sclerosis
Arthrogyrosis

Sensory

Blind and Visually Impaired

These lists are not exhaustive

Places are limited so booking is essential

Please complete and return the attached form by Friday 24th March



Tyne and Wear Para-swimming Come & Try Session

I would like to register to attend the Para-swimming Taster Session on Friday 31st March 2017

Name: _____

Date of Birth: _____

Home Address: _____

Email Address: _____ Telephone Number: _____

Details of Impairment: _____

Accompanying Adult: _____ Contact: _____
(Parent or guardian attendance required if under 18 years)

Swimming Experience

Number of hours swimming per week: _____

Swimming club/ Learn to swim scheme: _____

Additional information: _____

Please complete this form by the 24th March 2017 and return to:

Chris Armstrong, ASA North East Region, 13 Horsemarket, Darlington, DL1 5PW.

Or email direct to chris.armstrong@swimming.org