Have you got what it takes to **be a Para-Swimmer?**

City of Derby Swimming Club and
ASA England Programmes
'Taster' Session for Disabled Swimmers

Sunday 2nd April 2017: 9:00am — 11:00am
(Registration: 8:40 to 8:50am)

Would you like to get involved in Para-Swimming?
Come along to our Free 'Taster' Session.
Have fun and learn new skills

Queens Leisure Centre
Cathedral Road
Derby
DE1 3PA
To register or enquire email:
disabilityliaisonofficer@coderby.co.uk

DISABILITY GROUPS

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

SENSORY

Visual impairment

Attendance Criteria:
Aged 5 years or over
Able to swim 15metres or more
Be comfortable in deep water
Would like to do more swimming
New to disability swimming

england programmes
PARA-SWIMMING

CITY OF DERBY
SWIMMING CLUB