

# Swim North West

## Para-Swimming Taster Session

### Eligible Disability Groups

#### Physical

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

#### Sensory

Blind  
Visually Impaired

#### These lists are not exhaustive

For further information about  
Para-swimming please contact  
chris.armstrong@swimming.org  
07787269306

Date: 25th March 2017  
Venue: East Manchester Leisure Centre,  
Grey Mare Lane, Beswick,  
Manchester, M11 3ND  
Pool session: 4.00pm-5.00pm

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

Taking place alongside a regional development session, 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 based on their assessment and home location.

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



### Para-swimming Come & Try Session

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
Details of Impairment: \_\_\_\_\_  
Hours swimming per week: \_\_\_\_\_ Swimming club: \_\_\_\_\_

Please complete and return by 22nd March 2017 to:

Chris Armstrong, ASA North West Regional Office, Manchester Aquatics Centre,  
2 Booth Street East, Ardwick, Manchester, M13 9SS

or email direct to

chris.armstrong@swimming.org