



Cambridge Disabled Kids Swimming Club

Swimming is recognised as one of the best forms of therapy for disabled people -- especially children. Those with severe disabilities enjoy the sensation of floating in water, while the more able can actually learn to swim and perform well with the support of the water. Moving in the water gives a sense of freedom to those who can't move properly on land, and it can be an excellent environment for physiotherapy. Besides the health benefits and the fun factor, swimming helps boost children's confidence and self-esteem.

Age from birth to 18. For any disability in an environment of tolerance and understanding. Sessions are run by a qualified instructor, and volunteers are also there to help. Parents and siblings of the disabled children are all welcome to come and take part.

Dates and Time:

Fulbourn: Windmill School Hydrotherapy Pool
(The pool can only allow 25 people in, so please phone Sally on the number below to check availability before you come.)
Sundays, from 2pm till 3pm.
Price: £3.00 per child.

Cambridge: Abbey Swimming Pool
Saturdays, from 4.30pm till 6pm.

For more details phone:
Sally Abbot on 01223 315024 or
Shaun McCormick on 01223 473496

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