

# Para-Swimming Come & Try 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](mailto:chris.armstrong@swimming.org)  
07787269306

Date: 29th April 2017  
Venue: Ponds Forge International  
Sports Centre, Sheaf Street,  
Sheffield, S1 2BP

Registration: 1.15pm  
Pool session: 1.30pm-2.30pm

This taster training session is for disabled swimmers wishing to find out more about competitive 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 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 24th 2017 to:

Chris Armstrong, Para-Swimming, North East Regional Office, 13 Horsemarket, Darlington, DL1 5PW  
or email direct to

[chris.armstrong@swimming.org](mailto:chris.armstrong@swimming.org)