START-PARA SWIMMING

CP Taster Session



WHAT IS IT?

Taking your first steps into becoming a competitive swimmer with a Cerebal Palsy specific taster session run by qualified and experienced coaches. For further information and to book a place conatct: Admin@rdasc.org.uk

INCLUDES:

- 1 hour pool session with qualified swimming teachers and coaches.
- 1 hour land training taster session.
- 1 hour Parent information session.



IMPORTANT INFORMATION

Saturday 3rd October: 2pm-5pm

Venue: Catterick Leisure Centre

This programme is ideal for young people aged 7 and upwards who are in a learn to swim programme or have achieved Stage 3 upwards

Improving Lives – Changing Thinking

#ALLFORJOE – Through inclusion we change lives and save lives.

Swim England Para-Swimming

Richmond Dales Swimming Club – 50 Years – 1976-2026