

DISABILITY DIVING SESSIONS



with

ACTIVENATION

FAMILY SPRINGBOARD/HIGHBOARD DIVING

THE QUAYS SWIMMING AND DIVING COMPLEX

The sessions are aimed at 7 – 19 year olds with learning and/or physical disabilities and their families/carers.

Free pre-visits and “taster” sessions available.

Thereafter sessions cost £5 each for a family of up to 4 and will run on Saturday afternoons.

All participants must be able to swim 25m, be confident in deep water and happy to swim without goggles.

We would love to have a chat with you about you and your child so please contact Millie Harley for more details on **02380 720922/**
melissa.harley@activenation.org.uk

If your child cannot yet swim we are also hoping to offer “learn to swim to dive” lessons. Please contact us for further details.

JUMP
PLAY!
FLEX!
ENJOY!
DIVE!
SPLAT!
SPLASH!
SWIM!
RUN!