

**Free disabled swimming lessons  
'St Annes Sharks'**

**Saturdays**  
**3.30-5.30pm**  
**5-18 year olds**


**Autistic Spectrum Disorder, challenging behaviour and/or young people with moving and handling needs**

The YMCA are running free swimming sessions for young disabled children 5-18yrs  
Starting **Saturday 4<sup>th</sup> September 2010** at  
YMCA **St. Annes** Swimming pool  
Free 40 minute 1:1 sessions with qualified and experienced swimming teachers and 2 play workers from Play Inclusion Project (PIP) will be available

The swimming pool is 25m in length and has a suitable hoist and facilities for young disabled people.

**Booking is essential**, contact  
**Dave Marsland on: 01253 724 117**

Details on Aiming High for Disabled Children visit  
[www.lancashire.gov.uk/aiminghigh](http://www.lancashire.gov.uk/aiminghigh)  
Play, swim or become water confident



**Free disabled swimming lessons  
'The Splashers'**

**Sundays**  
**4.00-6.00pm**  
**5-18 year olds**

**Autistic Spectrum Disorder, challenging behaviour and/or young people with moving and handling needs**

The YMCA are running free swimming sessions for young disabled children 5-18yrs  
Starting **Sunday 7<sup>th</sup> August 2010** at  
YMCA **Rural Splash in Kirkham** Swimming pool  
Free 40 minute 1:1 sessions with qualified and experienced swimming teachers and 2 play workers from Play Inclusion Project (PIP) will be available

The swimming pool is 20m in length and has a suitable hoist and facilities for young disabled people.

**Booking is essential**, contact  
**Dave Marsland on: 01253 724 117**

Details on Aiming High for Disabled Children visit  
[www.lancashire.gov.uk/aiminghigh](http://www.lancashire.gov.uk/aiminghigh)  
Play, swim or become water confident