



## **PRESS RELEASE**

13 February 2015

### **Free swimming sessions for people with disabilities**

People with disabilities are being offered free swimming sessions at Two Riversmeet Leisure Complex in Christchurch.

The sessions start on Wednesday 25 February, will run every Wednesday and are open to 14 to 17 year olds and adults with learning or physical disabilities. Sessions for 14 to 17 year olds are from 11am to 11.30am while adults over 18 have sessions running from 11.30am to 12 noon. They are run by a qualified Level 2 disability swimming instructor, though if the disabled person has a carer or support worker they will be needed in the pool to lend a hand.

Funding is being provided by Active Dorset County Sports and Physical Activity Partnership, which is committed to working towards increasing inclusion and developing sustainable and accessible sport and active recreation for disabled people in Dorset.

Places on the sessions are limited so people are advised to book in advance or arrive in plenty of time to register for each session.

More information is available from Two Riversmeet on 01202 477987.