



## Kent Disability Swimming Squad

The Kent Sport, Leisure and Olympics Service has set up monthly coaching sessions for a Kent Disability Swimming Squad.

This is for disabled swimmers who want to develop their swimming further, maybe onto competition level.

Swimmers will need to be able to swim for between 15 or 30 minutes at a time. This is for your own safety and the safety and enjoyment of other swimmers participating. This County training session is open to swimmers with **physical and/or sensory disabilities and/or learning disabilities**. Swimmers **must be 9 years or over and be competent swimmers**.

**IT IS VERY IMPORTANT THAT YOU KEEP WELL HYDRATED DURING THE TRAINING SESSION. PLEASE ENSURE YOU BRING AT LEAST TWO FULL PLASTIC DRINKING BOTTLES WITH YOU TO HAVE ON POOLSIDE. NO FIZZY DRINKS, CANS OR GLASS BOTTLES ALLOWED ON POOLSIDE YOU MAY LIKE TO BRING A SNACK.**

The monthly sessions planned will be as follows;

Please indicate which of the following sessions you will be attending and take note for your own information

2010

- : Sunday 17<sup>th</sup> January, 4:00 - 5:30 p.m. at Sevenoaks School
- : Saturday 20<sup>th</sup> February, 5:00 - 6:30 p.m. at Cygnets Leisure Centre, Northfleet
- : Saturday 13<sup>th</sup> March, 5:00 - 6:30 p.m. at Tonbridge Swimming Pool
- : Sunday 11<sup>th</sup> April, 3:30 - 5:00 p.m. at The Stour Centre, Ashford

- : Saturday 22<sup>nd</sup> May, 6:00 - 7:30 p.m. at Mote Park Leisure Centre, Maidstone
- : Sunday 13<sup>th</sup> June, 6:00 - 7:30 p.m. at White Oak Leisure Centre, Swanley

**Please keep a note of the sessions you plan to attend**

Name of swimmer.....

(please complete the details below, if you have not already done so)

Date of birth .....

Address.....

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Phone number .....

Email .....

Name of accompanying adult .....

Relationship to swimmer .....

Please return the forms to Mike Bishop, Kent Sport. Leisure and Olympics, 17 Kings Hill Avenue, Kings Hill, Kent. ME19 4UL