



Kent Disability Swimming Squad

The KCC Kent Sports Development Unit 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 regional 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;

2009

- : Saturday 17th January, 6:00 - 7:30 p.m. at Cygnets Leisure Centre, Northfleet
- : Saturday 14th February, 3:30 - 5:00 p.m. at Sevenoaks School, Sevenoaks, Kent
- : Saturday 14th March, 2:30 - 4:00 p.m. at Tunbridge Wells Sports Centre, Tunbridge Wells
- : Sunday 19th April, 6:00 - 7:30 p.m. at White Oak Leisure Centre, Swanley
- : Saturday 23rd May, 6:00 - 7:30 p.m. at Mote Park Leisure Centre, Maidstone
- : Saturday 20th June, 2:30 - 4:00 p.m. at Tunbridge Wells Sports Centre, Tunbridge Wells

If you are interested in attending contact Mike Bishop

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