

accessible swim sessions



**relaxed, fun, quiet music, exercise, movement in the water
@ freedom leisure Uckfield**

starting; 06.02.18, tuesdays, 2.30-3.30pm, term time only

Inclusive swim session suitable for people with physical disabilities,
learning disabilities and people living with dementia

flotation equipment available

Pool session assisted by a swimming teacher to provide help, guidance,
or just a supportive friendly face.

on-site concession swim price
i-go card holders= carer goes free

**for more information please
call 01825 761160 or email
uckfieldenquiries@freedom-
leisure.co.uk**



freedomleisure
where you matter