

accessible swim sessions



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

starting; 02.02.18, fridays 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 01323 846755 or email
hailshamenquiries@freedom-
leisure.co.uk**



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where you matter