



# Start Para-Swimming

**This free “taster” event is perfect for anyone new to disability swimming, or anyone who would like develop their skills in competitive Para swimming.**

Hosted by Richmond Dales ASC and run by Swim England qualified coaches, it is open to any young person up to the age of 16 with a physical disability (including cerebral palsy, amputees, spinal injuries, dwarfism, polio, spina bifida, multiple sclerosis, or arthrogryposis) or a visual impairment.

You must be able to swim a minimum of 15 metres and be comfortable in deep water. Limited places available so please book early to avoid disappointment.

**Date:** Sunday 23rd May 2021.      **Cost :** Free of charge

**Time:** 2.00pm to 3.00pm

**Location:** Catterick Leisure Centre, Gough Rd, Catterick Garrison, DL9 3EL

Email : [admin@rdasc.org.uk](mailto:admin@rdasc.org.uk) to book your place.

