

Swimming for people with disabilities





Swimming for people with disabilities at:

Seven Islands Leisure Centre

Day **Time**
Mondays 18:30 – 20:00

Weekly sessions to help improve your swimming, gain confidence in the water and, most importantly, have fun. We encourage families and friends to come along and join in. Each session is fully equipped with a lifeguard, an experienced and qualified disability teaching assistant, chair hoists, steps at shallow end, floats and floating vests.

100 Lower Road, Rotherhithe SE16 2TU
T: 020 7237 3296 E: sevenislands@fusion-lifestyle.com

Peckham Pulse Healthy Living Centre

Come along and enjoy disability swimming and hydrotherapy sessions. The hydrotherapy pool floor is moveable for the ideal swimming depth.

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|------------|---------------|------------|---------------|
| Day | Time | Day | Time |
| Mondays | 12:00 – 13:00 | Fridays | 20:00 – 21:30 |
| Mondays | 20:00 – 21:30 | Saturdays | 15:00 – 16:00 |
| Thursdays | 12:00 – 13:00 | Sundays | 17:00 – 18:00 |
| Fridays | 12:00 – 13:00 | | |

Family disability swim - Saturdays 08:00 – 09:00

10 Melon Road, Peckham, London SE15 5QN
T: 020 7525 4999 E: peckham@fusion-lifestyle.com

Costs:

Leisure Access £0.60p
Carers £FREE
Leisure Access Membership costs £2.75 per year.
Ask at the centre for more details.



Swim School Programme:

For disability swimming lessons at Peckham Pulse Healthy Living Centre contact David Hummel. E: peckham@fusion-lifestyle.com T: 020 7525 4999

