

Individual Lessons for Children with Additional Needs



Our individual additional needs swimming lessons are delivered with sensitivity and understanding and are available for children with cognitive, physical or emotional challenges for whom group lessons are not appropriate.

The Benefits of Swimming

- Increased resistance in the water helps to build muscle tone, develop motor skills and physical fitness.
- Water buoyancy helps to reduce body weight, easing pressure on bones and joints.
- Water provides an enhanced sense of freedom and independence and encourages the development of concentration, control and co-ordination.

Specifically tailored to individual needs.

£16.00 per 30 minute lesson

Qualified, experienced ASA teachers

**To book a lesson or for further information,
please contact the Swim School office**

01481 747240