



## **Sussex Disability Swimming Development Day**

**Venue:** K2, Pease Pottage Hill, Crawley, RH11 9BQ.

**Date:** Saturday 11<sup>th</sup> February 2012

**Time:** Registration between 1pm – 1.45pm  
Pool Sessions between 2pm – 4pm

If you have a disability and would like the opportunity to have a **FREE** swimming lesson and find out more about swimming, health and fitness opportunities nearby, this event is for you. Accentuate, Wheelpower and the ASA have worked together to provide a fun, informative day for swimmers with a disability.

Fully qualified teachers and coaches will be on hand to deliver a session based on your needs. There will be two pool sessions available to cater for each group on the day and each swimmer will be monitored to ensure they receive quality instruction and work at the level they require, (Please note, the length of time in the pool, published for each group, may not be suitable for every individual and teachers / coaches will assess this throughout the session).

The day is open to anyone with a disability from across Sussex, with the pool sessions as follows:

- **Learn to Swim – Improvers.**  
Able to swim 10 metres +  
Shallow water only area available as well as lengths  
Main Pool 2pm – 4pm
- **Club Swimmer**  
Able to swim 50 metres and confident swimming in deep water.  
Main pool 2pm – 4pm

If you require more information before deciding to attend, please email Kirstie Jackson ASA Regional Development Coach for Disability Swimming [kirstie.jackson@swimming.org](mailto:kirstie.jackson@swimming.org) or call 07881936588.



## Sussex Disability Swimming Development Day Swimmer Registration Form

To register your interest, please either:

E-mail this form or details to [kirstie.jackson@swimming.org](mailto:kirstie.jackson@swimming.org) or telephone Kirstie Jackson on 07881936588 and bring this completed form on the day

Name	
Age	
Details of impairment	
Email	
Phone Number	
Address	
In order to ensure swimmers are grouped by ability on the day, please indicate your level of swimming ability	<p><b><u>Learn to swim / Improver (Please tick the most appropriate level from 1,2)</u></b></p> <ol style="list-style-type: none"> <li>1. Beginner – able to swim 10m but less than 25 metres</li> <li>2. Able to swim 25 metres but less than 50 metres</li> </ol> <p><b><u>Club level (Please tick the most appropriate level from 1,2,3)</u></b></p> <ol style="list-style-type: none"> <li>1. Can swim over 50 metres continuous and confident in deep water</li> <li>2. Already swim with a club / swim scheme</li> <li>3. I used to swim in a scheme but no longer attend.</li> </ol>
If you swim with a club or swim scheme, please give details:	<p><b>Name of club or scheme</b></p> <p><b>How many times a week do you swim?</b></p> <p><b>Do you compete?</b></p> <p><b>If so what is the highest level you have competed at?</b></p>

On the day you will be asked for emergency contact details, under 16's will require a parent guardian to accompany them on the day to give consent to attend. There will be an opportunity for individuals to give or decline consent for photographs to be taken of them on the day.

We look forward to seeing you on the day.