



LET'S MAKE WAVES

Weekly swimming sessions for ALL individuals with disabilities and health related issues
Facilitated by highly qualified instructors

NORTH

SATURDAYS
Northern Pool
1-2pm
£2.75

Pre-registration is needed
Contact Karen: 300449

SOUTH

TUESDAYS
Southern Pool
2:45-3:45pm
£1.50

EAST

SATURDAYS
Glencrutchery Pool
11:30-12:30pm
£2.00

Pre-registration is needed via NSC
Reception: 688588

WEST

THURSDAYS
Western Pool
3-3:45pm
£2.90

**FOR MORE INFORMATION PLEASE CONTACT:
Zoe Crowe: 688576 / NSC Reception: 688558**

