

# Accessible Swimming

with SDSG

Scarborough / Whitby / Filey @ Scarborough Sports Village  
and surrounding areas

## Swimming for Leisure / Rehabilitation / Sport

### Aqua Sensory

Our unique programme combines touch, fluid movements, music, relaxation and fun games.

### Hydro-Rehab and Fitness

with Claire Edwards

Whether you are recovering from a broken bone, joint replacement or building up your strength in your arms, legs or core; anyone with a short or long term health condition\* is welcome to join. Water weights and floatation equipment available. \*Terms & Conditions Apply

### SWIM DATES 2023

January	7 <sup>th</sup>	21 <sup>st</sup>	
February	4 <sup>th</sup>	18 <sup>th</sup>	
March	4 <sup>th</sup>	18 <sup>th</sup>	
April	1 <sup>st</sup>	15 <sup>th</sup>	29 <sup>th</sup>
May	13 <sup>th</sup>	27 <sup>th</sup>	
June			
July	8 <sup>th</sup>	22 <sup>nd</sup>	
August	5 <sup>th</sup>	19 <sup>th</sup>	
September	2 <sup>nd</sup>	16 <sup>th</sup>	30 <sup>th</sup>
October		14 <sup>th</sup>	28 <sup>th</sup>
November	11 <sup>th</sup>		
December	Christmas Break		
Returning on 6 <sup>th</sup> January 2024			

### General Swimming

Why not just swim? At least four lanes of the main pool are dedicated to swimming for leisure. Many people come for a gentle swim and a chat with fellow members.

### NASCH Distance Badge and Water Skills Award Scheme

A points based awards scheme so everyone can achieve and develop in swimming.  
\*confidence \*fun \*buoyancy \*games

### Good Boost

Accessible therapeutic exercise programmes, through cutting-edge technology. Which are designed to be beneficial and fun for people with a wide range of conditions, including arthritis and back pain. Contact us to find out more.

Please visit [www.sdsg.org.uk](http://www.sdsg.org.uk) for the latest information on fees and membership.

Approved to receive NHS Social Prescription Referrals



## FORTNIGHTLY SWIM SESSION FOR THE WHOLE FAMILY

### Special Olympics Team

Regional events and competitions with stroke development opportunities and timing awards.

### Contact Us

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