

# **Fancy swimming in the Olympics?**

## **On your marks.....**

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**Para-swimming talent ID day**  
**King Edwards Girls Pool**  
**Sunday 18th November**  
**1.30pm to 6pm**

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### **Programme**

- 1.30 - 3pm - Autism awareness
  - 1.30 - 3pm - Strength & Conditioning
  - 3 - 4pm - Pool session weak/non-swimmers with support in the water
  - 4 - 5pm - Pool session for swimmers who can swim 50m & are confident in deep water
  - 5-6pm - Pool session for swimmers who can swim 200m and are competent in 3 strokes
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Tea and coffee available for a small fee,  
Further information on para swimming will be available.  
Car park available but it is a short distance to the pool.  
No hoist available - swimmers must enter and exit the pool unaided.  
Swimmers must be at least 4 years old with a disability or impairment to mainstream swimming session.

**Swimmers under the age of 8 years old must be accompanied by a parent/carer whilst attending.**