



# PARA SWIMMING



**If you have a physical, visual, hearing or hidden disability and are interested in competitive swimming, come and join our club.**

Sessions are open to any young person under the age of 18 with a physical disability including cerebral palsy, amputees, spinal injuries, dwarfism, down syndrome, polio, spina bifida, multiple sclerosis or arthrogryposis.

You must be able to swim a minimum of 25 metres and be comfortable in deep water

**TO BOOK A FREE TRIAL CONTACT**

[membership@hackneyaquaticsclub.org](mailto:membership@hackneyaquaticsclub.org)

*"It makes me happy when I swim. It feels like heaven under the water." Connor*

*"I take Connor swimming every week and I love that if you are a member you are able to do as much or as little as you like. You can train for fun, fitness or serious competition regardless of your identity. Being Neurodiverse brings creative opportunities to life which Hackney Swimming Club are embracing. It's a wonderful journey to be at the start of." Richard, Connor's dad.*



SCAN ME



SCAN ME