

North West Para-Swimming Come & Try Event

Sunday 11th December 2016

Manchester Aquatics Centre, 2 Booth Street East, M13 9SS

200-430pm National Para-Swimming Championships, final session

530-630pm Come & Try Session

This event is for swimmers wishing to compete in the Para-swimming Pathway. Swimmers will be given the opportunity to watch the nations best Para-swimmers compete during the final session of the National Para-swimming Championships 2016 before they take to the water in a training session designed to showcase their individual ability.



The National Para-swimming Championships will be held on the 10th & 11th December.

For further details and to purchase tickets for the earlier sessions please visit www.efds.co.uk/get-active/events

Disability groups	Swimmers must:
Physical	Be able to swim a minimum of 50m
Cerebral Palsy	Be NEW to para-swimming
Amputee	Want to swim competitively
Spinal Injuries	
Dwarfism	
Polio	
Spina-Bifida	
Multiple Sclerosis	
Arthrogryposis	
<u>This list is not exhaustive</u>	
Sensory	
Visual Impairment	
Intellectual	
IQ of below 75	

Places are limited so early booking is essential
Please complete and return the attached form by Monday 5th December



For further information please contact chris.armstrong@swimming.org or call 07787269306



North West Para-swimming Come & Try Session

I would like to register to attend the Para-swimming Session on Sunday 11th December 2016

Name: _____

Date of Birth: _____

Home Address: _____

Email Address: _____ Telephone Number: _____

Details of Impairment: _____

Accompanying Adult: _____ Contact: _____

(Parent or guardian attendance required if under 18 years)

Swimming Experience

Number of hours swimming per week: _____

Swimming club/ Learn to swim scheme: _____

Additional information: _____

Please complete this form by the 5th December 2016 and return to:

Chris Armstrong, ASA North West Region, Manchester Aquatics Centre, 2 Booth Street East, M13 9SS

Or via email to

chris.armstrong@swimming.org