



# DISABLED LEARN TO SWIM



**Do you have a disability, want to be around people that encourage you, want to increase your self-esteem and confidence or just want to make new friends?**

Well guess what, You can do all this and more by joining the Disability Learn to Swim Program at Nepean Aquatic Centre.

The aims of the program are to deliver a healthy and professional learning environment to the customers, provide the swimmer with a progressive pathway should she or he wish to compete in swimming, to swim for fun as well as learn survival skills for life and set the environment for confidence building.

The cost of the program is \$13 per lesson – (30 minutes duration), this is payable for the full month on the first Sunday of the month.

**DAY:** Sunday      **Time:** 10.15am – 1.15pm

**LOCATION:** Nepean Aquatic Centre, 16 – 19 Lambridge Place, Penrith.

**If your interested in helping, we'd love to hear from you.**

**Please Contact: Mrs. Judy Webber (Program Coordinator) on**

**Mobile phone: 0488 714 343**