

# 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 2020

We are currently offering bookable swim activities fortnightly on a Saturday evening.

To view the latest available activities please visit [sdsg.org.uk](http://sdsg.org.uk)

### 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

### HOW TO JOIN

Anyone with a short or long term illness or disability of any age, along with their family is able to join us. As well as, anyone aged 50 and over. Visit [SDSG.org.uk](http://SDSG.org.uk) to find out more.

### Special Olympics Team

Regional events and competitions

### Contact Us

[Sdsg.org.uk](http://Sdsg.org.uk)    [Contactus@sdsg.org.uk](mailto:Contactus@sdsg.org.uk)  
01723 363600    ScarboroughDSG

### Accessible Provision

- Large accessible "Changing Places" room with hoist
- Small accessible changing room with multi-height shower changing bed
- Open plan village changing area with cubicles
- Pool Pod Platform for entry into the main pool
- State of the art Pool Pod Tilt Wheelchairs
- Portable hoist for the small pool
- Gradual steps with handrails into both pools
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- Transport chairs and transfer boards
- Floatation jackets, woggles and mats
- Dementia and Learning Disability friendly signage and locker saddles
- Grabrails and accessible seating throughout
- Specialist "Floatation" buoyancy aids