

# **Individual Lessons for Children with Additional Needs**



**Our individual additional needs swimming lessons are delivered with sensitivity and understanding and are available for children with cognitive, physical or emotional challenges for whom group lessons are not appropriate.**

## **The Benefits of Swimming**

- Increased resistance in the water helps to build muscle tone, develop motor skills and physical fitness.
- Water buoyancy helps to reduce body weight, easing pressure on bones and joints.
- Water provides an enhanced sense of freedom and independence and encourages the development of concentration, control and co-ordination.

Specifically tailored to individual needs.

£16.00 per 30 minute lesson

Qualified, experienced ASA teachers

**To book a lesson or for further information,  
please contact the Swim School office**

**01481 747240**