



Swimming for visually Impaired people is coming to Lewisham!

South East London Vision (SELVis), are pleased to offer you 6 coached swimming sessions, open to anyone living with sight loss in South East London who wants to learn to swim or improve their swimming technique.

When: Thursday 9th February 2017, every Thursday until 23rd March. No session on 16th February due to half term.

Time: Teaching for beginners, 11.30am – 12noon. Lane swimming 11am – 12noon.

Where: The Bridge Leisure Centre, Kangley Bridge Road, Lower Sydenham, SE26 5AQ

Nearest train station: Lower Sydenham

Bus: 194, 202 and 450 all stop nearby

Please contact us if you would like to arrange a meeting point.

Learn to swim with 6 free coached swimming sessions

- An additional lane for those who want to swim for fun or exercise.

Please note:

- Each session will be 30 minutes for beginners and 1 hour for lane swimming.

- Places are limited and will be offered on a first come first serve basis

- When registering please tell us which session you wish to attend.

For Further information or to register, please contact Jess Beal at SELVis Tel: 020 3815 3660 Mob: 07866 926668.

Email: Jessica.Beal@selvis.org.uk.