

INSPIRED TO TRY...

Para-Swimming

Have you been inspired by the Commonwealth Games? Do you have a disability and want to get involved in Para-Swimming? Then come along to one of our free taster sessions. Anyone aged 6-17 can attend providing they are confident in deep water and can swim unaided for a minimum of 10 metres. Details and booking link below.

When: Sunday 10 July

Time: 3.30-4.30pm

Where: Isleworth Leisure Centre, Twickenham Road, Isleworth, TW7 7EU

Club contact: Agnes Czaczyk enquiries@lbhsc.org.uk



[Book now](#)