

Get Out
Get  Active

IMAS 
INTERNATIONAL
MIXED ABILITY
SPORTS



Text or call
us with any
questions

Mixed Ability & Family Swimming

Every Friday at Tong School

Family Fun Swim - 6-7pm / Back in the Water (Mixed Ability) - 7-8pm

First Time? The session is for all abilities. Take the session at your own pace and increase your confidence in the pool



Equality
Through
Sport
REGISTERED CHARITY NO: 1014622



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL





What is it?

Back in the Water (Mixed Ability) - This is a social session for adults 16+. New to swimming? Haven't swum for a long time? Or just want to build your confidence again. This relaxed session will develop your skills in the water. Your pace, your time, your way.

Family Fun Swim - This is an opportunity to get all the family out on a Friday night. Enjoy Floats, Lane swims and activities with all the family.*



Who is it for?

All abilities. It doesn't matter what barriers you may face every day this class is for you. Whether you want to make new friends, learn to swim or just swim as a family or group of friends please come along.



When is it?

We meet every **Friday**

Family Fun Swim - 6-7pm / **Back in the Water (Mixed Ability)** - 7-8pm



How much is it?

£2.00 per session



Where is it?

Tong School is located on Westgate Hill Street just further up from Tong Street. Westgate Hill Street, Bradford, BD4 6NR.

We meet at the top entrance of the school.



Sign up today!

Fill out the form at: goo.gl/V5UxHz. For more information, contact:

☎ 01274 437093 / 07835 766383 @ Karla.Burton@BDSL.net

*Children under the age of 8 years will not be admitted to the Swimming Pool unless accompanied in the water at all times by a responsible person of 16 years or over. We strongly recommend that all children under 4 are accompanied on a One to One basis and remain in shallow water at all times regardless of swimming ability.