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Something special going on at Epsom baths

17 April 2024

Rainbow Leisure Centre in **Epsom** has recently started running tailored swimming lessons for children with special needs and disabilities.

The sessions – which have proved to be a big hit – take place in small groups in the teaching pool where it is quieter and less stressful for the children. Mums and dads join their young person in the water along with the class teacher, picking up tips on how to help their child feel more confident.

Participants are aged from 4 – 8 years old and have a range of neurological and physical difficulties such as autism, dyspraxia and impaired vision. Children are also welcome to take part in the mainstream classes during the rest of the week if they feel confident enough to do so.

Young swimmer Heidi, seen here with mum Stacey and teacher Ana, loves her classes at Rainbow. Stacey says, “She loves the water and gets to have fun while learning to be safe.”

Mary Mannion, Swimming School Manager at the centre, comments, “The classes are very popular. We’re delighted to be able to offer this service to young people and their families. Keeping fit and safe in the water is so important for children of all ages and abilities.”

Rainbow is run by GLL under the ‘Better’ brand. As a charitable social enterprise, the organisation is committed to supporting the wellbeing of local communities.

SEND swimming takes place on Thursdays at 6.15pm. For more details, look at the app at Better_uk or contact customer services at customer.service@gll.org or call 0330 123 1500.

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