

Fitness World Penrith:

Peachtree Avenue *opposite the Museum of Fire off Castlereagh Rd.*

Do you have a disability?
Do you want to make new friends?
Do you want to be around people that encourage you?
Do you want increased Self Esteem ?

Did you know that **Swimming is one sport that will deliver all the above qualities and more?**

Penrith Fitness World operates THE best Disabled Learn to Swim Program in Penrith.

Introducing Head Coach Sean Webber:- Giving back to the community.

Sean is an *Australian Swimming Representative*, a successful competitor, the holder of a *World Record*, National Records as well as state records and has over 8 years experience in Learn to Swim Programs. He has coached Disabled Swimmers whilst balancing a Career, training and celebrity commitments. Recently, he represented Australia in the *Cerebral Palsy World Championships in Connecticut* where he won Silver in the 400m Freestyle, a highly competitive event.

Sean and his team of Volunteers are there to help you and your family so ring us up and see what we can do for you.

Aims Of The Disability Swimming Program:

- Deliver a *healthy* and *professional* learning environment to the customers,
- To provide the swimmer with a progressive *pathway* should s/he wish to *compete*,
- To swim for *fun*, *survival* as *swimming is a skill for life*,
- Set the environment for confidence building.

Cost Of The Program:

The program cost **\$50** for a term of **5 weeks** of half hour- (**30 minutes**) duration, **including pool entry**. The swim lessons are structured on a **one-to-one** basis.

Registration:

Please contact, Mrs. Judy Webber- Program Coordinator on **0418 434 643**.

Volunteers Needed to help our program grow!!!

Please if you are interested in helping, we'd like to hear from you. We welcome your time, enthusiasm and commitment

Contact: *Judy Webber on 0418 434 643. Thanks in advance for your support.*

