

Swimming

Whether you swim or complete a gentle exercise routine one of the following sessions may be suitable for your needs. Don't be put off if you are unsure as to whether or not you can access the water most of these sessions will accommodate.

Northampton & Daventry Dolphins

Duston Upper School, Northampton - Saturdays 5-6 pm

Towcester Pool - Sundays 6-7 pm

Daventry Leisure Centre – Thursdays 9-10.30 (check times during school holidays)

Fee: £15.00 per year, no weekly charge.

Further details from Dorophy Perry on Weedon 01327 340715

St. Andrew's Hospital Health and Fitness Club, Northampton

To join this club you will need your GP to write a letter of referral (stating your telephone number). To be addressed to the Medical Director, St. Andrew's Hospital, Billing Road, Northampton.

Fee: £75.00 per quarter

The Mounts Pool, Northampton

Social Services Community Day Services Team has a group that swim at the Mounts baths, Northampton on Thursday lunchtime. For further information contact the Community Team on Northampton 01604 665926

Brackley Swimming Pool, Brackley

The Brackley Dippers swim at Brackley Pool on Saturdays from 9-11 am. A hoist is available as well as assistants for changing if required. Two sessions are run, the first for length swimming and the second for width swimmers, general water exercise and those needing assistance in the water. A GP's letter is required.

Fee: £5.00 per year plus weekly fee of £1.15

For further information contact Mrs Paddy Wilby on 012980 702556

Danes Camp, Hunsbury, Northampton

No specific sessions for people with disabilities. A chair exists that can be pushed into the water for easy access although it is possible to walk into the pool from the children's shallow poolside area with little difficulty.

For further info phone Northampton 01604 705469 or 763536

Fairfield School Hydrotherapy Pool, Northampton

Adults with arthritis session Mondays 8-9 pm

Disabled adults swim Tuesdays 7-7.45 pm, 7.45-8.30 pm and 8.30-9.15 pm.

For place availability and fees ring June Wooding or Sue Facer, Adult Education on 01604 716228.