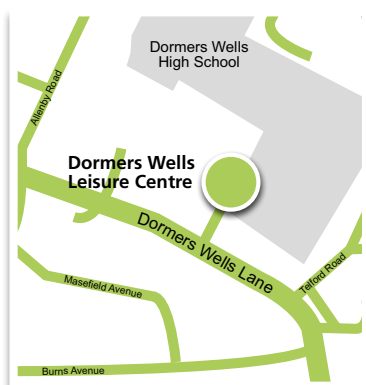


# Disability swimming opportunities in Ealing



Swimming is a great way to gain confidence in the water and learn new life skills. It is a non-weight bearing activity that takes the strain off your joints while working out your whole body. Adaptive equipment is available across Ealing's leisure centres, such as; pool hoists, pool pods, transfer chairs and accessible changing facilities including changing beds. Lessons are delivered by qualified swim teachers, some of whom are available to teach from within the water. Sessions offer swimmers with a disability or additional needs pool space to swim recreationally.

## Dormers Wells Sport and Leisure Centre



### Drop in disability swim sessions

Dormers Wells Sport and Leisure Centre  
Dormers Wells Lane UB1 3HX  
T: 020 8571 7207  
E: [dormerswells@gll.org](mailto:dormerswells@gll.org)

Fridays 6 – 7pm, £1 per participant

These sessions are available for all ages, with swim safety policy applied. All non-swimmers or children under the age of eight must be accompanied by a competent swimmer aged 16 or older.

Exclusive use of the pool is offered with one swim teacher present providing guidance and support from the pool side.

### Centre accessibility facilities

- Automatic doors at reception
- Lowered reception desk
- Accessible changing room
- Pool hoist
- Designated disabled parking.

Leisure

## Everyone Active Acton Centre



### Drop in disability swim sessions and lessons

Everyone Active Acton Centre  
44 High Street W3 6LG  
T: 020 8825 9001  
E: actoninfo@everyoneactive.com

Tuesdays 7 – 8pm

Drop in: £1.95 per week, per participant  
Swim lesson: £4 per week, per participant  
Recreational swimming (drop-in) is available alongside structured swimming lessons.

The teaching pool has a moveable floor enabling the depth of the water to be adjusted according to the activity being delivered. The depth of the pool for this session will be 1.2 metres.

A swim teacher will be present to teach from the pool side, providing guidance and advice to swimmers during the lesson.

### Centre accessibility facilities

- Automatic doors at reception
- Lowered reception desk
- Lift
- Accessible changing room
- Pool pod system
- Designated disabled parking.

Participants must be accompanied by a carer / guardian in the pool.

## Gurnell Leisure Centre



### Disability swim lessons and drop in sessions

Gurnell Leisure Centre  
Ruislip Road East W13 0AL  
T: 020 8998 3241  
E: gurnell@gll.org

Swim lessons Saturdays 1 – 2pm,  
£40 per 10 week block of lessons (selected dates only).

Ten lessons led by qualified swim teachers who teach from within the water. The lessons take place in the shallow end of the main pool and are suitable to swimmers with some basic swimming experience. For session dates and bookings please contact **Fred Burley** at the **Ealing Swim Club** via email [fred@swimesc.co.uk](mailto:fred@swimesc.co.uk) or call **020 8582 3790**.

One to one lessons are available on selected days & times at Gurnell. For further information please contact [Kelly.Coughlan@gll.org](mailto:Kelly.Coughlan@gll.org) / 020 8998 3241

### Centre accessibility facilities

- Ramp access into building
- Automatic doors at reception
- Lowered reception desk
- Voice announcements
- Lift
- Accessible toilet and changing area.

## Northolt Leisure Centre



### Disability aquatic session (ages 16+)

Northolt Leisure Centre  
Eastcote Lane North UB5 4AB  
T: 020 8423 7436  
E: northoltinfo@everyoneactive.com

Mondays 1 – 2pm, £2.20 per participant.

The teaching pool has a moveable floor enabling the depth of the water to be adjusted according to the activity being delivered. The depth of the pool for this session will be 1.2 metres.

A swim teacher will be present to teach from the pool side to provide guidance and advice during the session.

### Centre accessibility facilities

- Automatic doors at reception
- Lowered reception desk
- Lift
- Accessible toilet and changing area
- Pool hoist and transfer chair
- Changing bed and overhead hoist
- Designated disabled parking bays.

One to one lessons are available on selected days & times at Northolt. For further information please contact: **Fred Burley - Ealing Swim Club** [Fred@swimesc.co.uk](mailto:Fred@swimesc.co.uk) / 020 8582 3790

Support workers and carers are encouraged to attend and assist individuals during sessions and can do so free of charge.