

## DASL inclusive sport and physical activities (iSPA)

*Friendly, fun and inclusive, just drop in and join in!*

### Lunchtime Walks to Slade Gardens

Monday Lunchtimes 12:25pm to 1pm  
Start and finish at We Are 336 reception  
Weekly.

### iSPA Club Streatham

iSPA = inclusive sports and physical activities, indoor  
Cricket skills, netball, table tennis, boccia,  
badminton, volleyball and more.  
Wednesday Mornings 10am to 12pm  
Streatham Ice & Leisure Centre,  
Sports Hall,  
390 Streatham High Road, SW16 6HX  
Weekly till 13th December 2017.

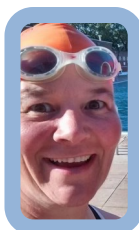


### DASL iSPA Supported Swimming Group - Clapham

With swimming teacher, friendly sociable group of adults.  
Thursdays 12pm to 2pm (last one 7th Dec, then starts again 11th January)  
Cost: £2  
Clapham Leisure Centre, **large main pool**  
141 Clapham Manor Street, Clapham, SW4 6DB

### Interested? Please contact:

Abs Tripp  
DASL Intosport Project Officer  
07512 566 875 or 020 7738 5656  
[abs.tripp@disabilitylambeth.org.uk](mailto:abs.tripp@disabilitylambeth.org.uk)





## **Inclusive Swimming Sessions for adults**

*Friendly, fun and inclusive, just drop in and join in!*

All these pools are warm, accessible and have disabled parking nearby. The pools on the ground floor, have gentle stepped access with railings into the pools, hoists and lift platforms to get in and out of the pools plus private changing cubicles, separate accessible changing rooms, lockers and hot showers.

### **DASL iSPA Supported Swimming Group - Clapham**

With swimming teacher, friendly sociable group of adults.

Thursdays 12pm to 2pm (last one 7th Dec, then starts again 11th January)

Cost: £2

Clapham Leisure Centre, **large main pool**

141 Clapham Manor Street, Clapham, SW4 6DB

### **BETTER Disability Swimming sessions - West Norwood**

Mondays 11am to 12pm for Stroke Survivors with swimming teacher.

Sundays 3pm to 4pm area of pool reserved for disabled people of all ages.

Cost: FREE with Real Plus Leisure Concession Card (£5:60 annual fee) or between £1.00 and £4:35 depending on your circumstances.

West Norwood Health and Leisure centre, **large main pool**

25 Devane Way, West Norwood, SE27 0DF

### **Peer Swimming Group - Elephant & Castle**

Friendly sociable group of adults who support each other to swim.

Mondays 12pm to 1pm

Cost: FREE for disabled residents of Southwark or between £2:30 or £4:30 depending on your circumstances.

The Castle Centre, **small training pool,**

2 St Gabriel Walk, Elephant & Castle, SE1 6FG

### **Interested? Please contact:**

Abs Tripp

DASL Intosport Project Officer

07512 566 875 or 020 7738 5656

[abs.tripp@disabilitylambeth.org.uk](mailto:abs.tripp@disabilitylambeth.org.uk)

