

**SPORTS, HEALTH & WELLBEING**

**ACTIVITY DETAILS**

Swimming



**Tudor Grange Leisure**

**Centre, Solihull,**

**B91 1NB**

**COST**

£3 per person for one hour swimming to be paid to HBS staff

**TIMES**

 11:30-12:30 Every Monday (apart from Bank Holidays)

**DELIVERED BY**

 HBS staff will be in the pool to assist but people attending should be able to swim independently.

**DETAILS OF ACTIVITY**

* HBS hire a lane of the swimming pool for 1 hour.
* Inform Sports team if you are interested in attending
* Wear appropriate footwear for being in and around the pool.
* Life guards on duty at all times
* Bring drinks or money to purchase drinks at the café.
* Please bring any life jackets/ water aids needed.

**KNOWN RISKS**

 There is a risk of slipping pool side or in the changing area. There is also a chance of swallowing water.

**DIRECTIONS TO VENUE** (if difficult to find)

Meet HBS staff in reception, you do not need to pay to swim at the leisure centre reception as HBS hire a lane.