

Swim Inspiration Mission Statement

Swim Inspiration is a group whose objectives are to help those people who are suffering with or recovering from a physical or psychological ailment. We help people keep healthy and mobile with a gentle approach to exercise in water and a listening ear when required!

Although the group is centred at the Splash swimming pool the group is not limited to swimming. We have a variety of different options available dependant on the individual's needs including exercises in the water and water confidence.

Many who join us are living with and managing health conditions such as strokes, arthritis, MS and Parkinson's, are above a healthy weight or have issues with water confidence. The instructors of the group try to listen and adapt their skills to help members to make the most of the group's facilities.

All ages are welcome, and we currently cater for people between 12 and 80

The group is an open group and all members have a listening ear to others issues we also meet during the holiday period for walks and chats to maintain the support and contact