

## **Swimming for People with Disabilities**

Throughout the United Kingdom there are many people with disabilities of all ages and from all sections of the community.

Swimming is enjoyed by people of all ages and abilities; for recreation, fitness and competition.

Water is the one medium where people with disabilities can achieve a degree of independence and freedom difficult to find elsewhere.

It is generally agreed that disabled people require integration and not segregation and we in NASCH fully appreciate the benefit of this and are helping all we can in the general national effort to accept disabled people into society.

Many Local Authorities provide a 'special session' for swimmers with disabilities at their swimming pools. Some of these sessions have evolved into fully constituted swimming clubs providing that extra safe environment where disability awareness is more apparent.

Participation in swimming and membership of a swimming club can give a person with a disability the chance to express through sport, their own particular abilities

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