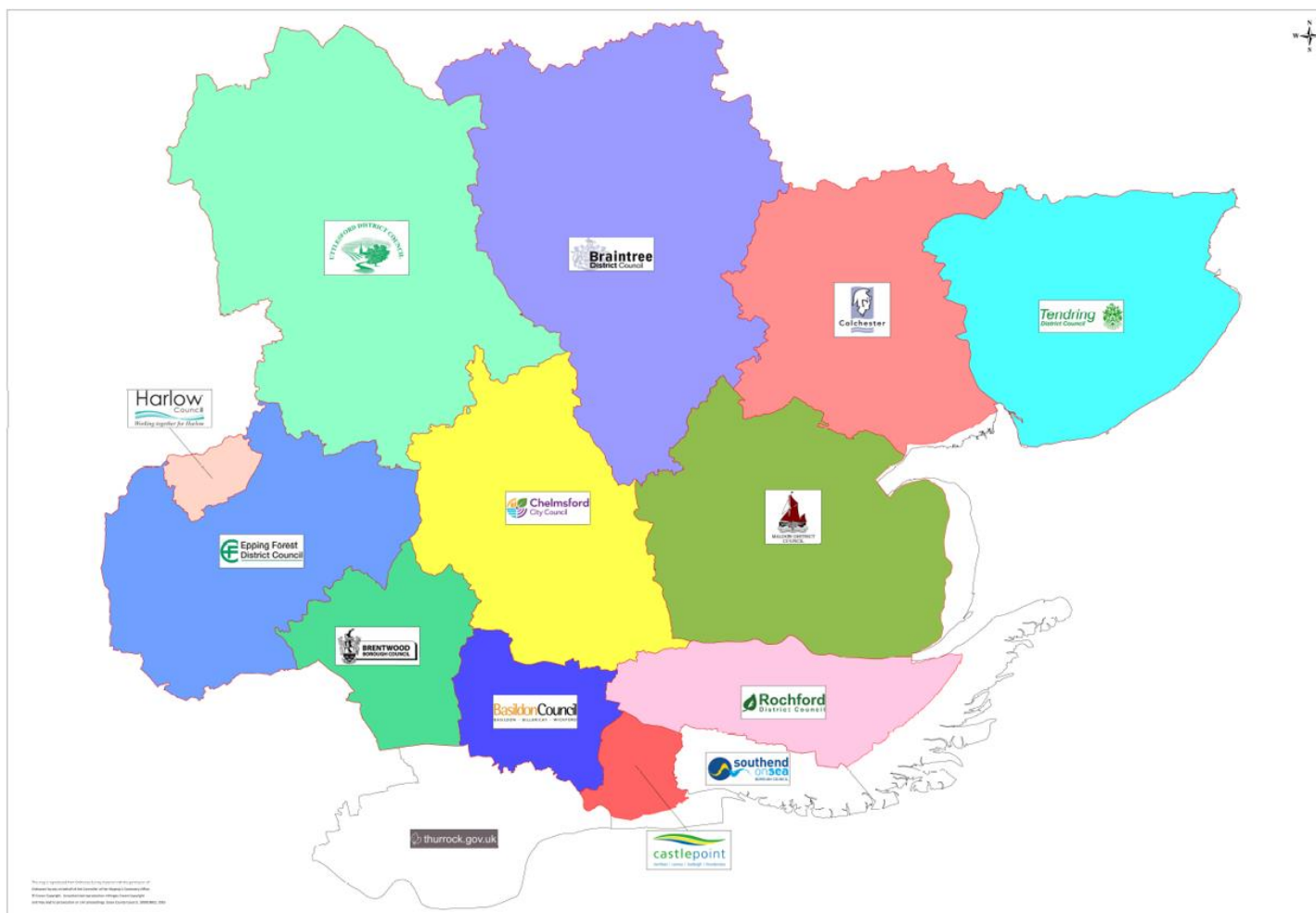


Disability Swimming Opportunities in Essex

The tables below show the disability swimming opportunities at each leisure centre around Essex. It's always a good idea to check with the leisure centre before you swim as they will be subject to change during school holidays etc. Some are sessions where you can just go and swim within the disability specific session and some have instructors. Where possible the contact details have been added for you. On the timetables, those marked with green blocks are centres without swimming pools but may offer other activities suitable to those with disabilities. Contact them directly for more help. Those marked with orange blocks have aqua sessions which are aimed at all abilities. Those marked with blue blocks are disability/long term health condition specific sessions. Times are shown where possible. Facilities with Changing Places and Pool Hoists have also been highlighted.



Basildon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Pitsea Leisure Centre								2 Northlands Pavement, Basildon SS13 3DU
Eversley Leisure Centre								Crest Ave, Basildon SS13 2EF
Basildon Sporting Village Changing Places Facility* PAL Pool Hoist available			Swim for Confidence** 15:00 – 18:00	Aqua for Confidence** 14:30 – 15:30				Cranes Farm Rd, Basildon SS14 3GR
Wickford Swimming Pool								Market Rd, Wickford SS12 0AG
Billericay Sports & Fitness Centre								8 School Rd, Billericay CM12 9LH
Pioneer School						Come & Swim – Disability Specific** 13:30 – 14:45 (See more info below)		Pioneer School, Ghyllgrove, Basildon, SS14 2LA

Timetable Key: No swimming pools but may offer other activities

Sessions aimed at all abilities

Disability Specific Sessions

****Come and Swim** - Come and Swim enables children to experience swimming in a hydrotherapy pool with their peers. For more information see: <http://www.bosp.co.uk/community/bosp-brighter-opportunities-through-supported-play-13333/childrens-services1/>

****Swim for Confidence and Aqua for Confidence** - are ran by Sport for Confidence who offer activities for people with disabilities. For more information see: <http://www.sportforconfidence.com/basildon-sporting-village-timetable/>

Braintree

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Braintree Swimming and Fitness Centre PoolPod Hoist available	Mobility session 11.05-12.05							Charter Way, Braintree, CM77 8YJ
Braintree Fitness & Health								
Witham Leisure Centre Changing Places Facility* PoolPod Hoist available			Easy Access Swim 11:00 – 12:00	Sport for Confidence 12:00 – 13:00 Dementia Friendly Swimming 13:00 – 14:00				Spinks Lane, Witham CM8 1EP
Halstead Swimming Pool PoolPod Hoist available								Cole Road, Essex CO9 2HR

Timetable Key: No swimming pools but may offer other activities
 Sessions aimed at all abilities
 Disability Specific Sessions

Mainstream Swimming Club:

- Braintree & Bocking Swimming Club:** For more information visit: <https://www.braintreeswimmingclub.co.uk/>

Brentwood

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Brentwood Centre Changing Places Facility* Hoist available			Aqua Mobility Session Gentle exercise in the water for problems such as arthritis, osteoporosis, muscle and other ligament problems. 10:15 – 10:55		Aqua Mobility Session Gentle exercise in the water for problems such as arthritis, osteoporosis, muscle and other ligament problems. 11:10 - 11.50		Aquaccess - For swimmers with special needs. 15:00 – 16:30 01277 354161	Brentwood Centre Doddinghurst Road, Brentwood, Essex, CM15 9NN
Brentwood School Sport Centre								Middleton Hall Lane, Brentwood CM15 8EE

Timetable Key: No swimming pools but may offer other activities
Sessions aimed at all abilities
Disability Specific Sessions

Disability Specific Swimming (within Mainstream club)

- Brentwood Swimming Club** - Are registered with the ASA as a Disability Hub Club, meaning that they work with the ASA to provide an assessment opportunity for any swimmer with a disability so that they can be directed to appropriate swimming provision best suited to the individual. For more information see: <https://brentwoodswimmingclub.co.uk/squads/>

Castle Point

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Waterside Farm Sports Centre Changing Places Facility* Portable Hoist available								Somnes Avenue, Canvey Island SS8 9RA 0126869432
Runnymede Leisure Centre Changing Places Facility* Portable Hoist available								Runnymede Chase, Benfleet SS7 1TS 01268756514

Timetable Key: **No swimming pools but may offer other activities**
Sessions aimed at all abilities
Disability Specific Sessions

Disability Specific Swimming (within Mainstream Club)

- Runnymede Swimming Club** – SwimAbility Squads - Offer 'Learn to Swim' and 'Improver' classes through the Runnymede Swim School. Swimmers who want to progress to competitive swimming then move into the most suitable Runnymede Swimming Club Squad. They provide an inclusive environment for swimmers with disabilities to train alongside the mainstream squads and take part in the club's social activities. They also offer competitive opportunities and provide information and support on swimming competitively at disability galas/para-swimming. For further information contact: swimability@runnymedeswimmingclub.com

Colchester

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Leisure World Highwoods								Leisure World Highwoods Brinkley Lane Colchester Essex CO4 9PU 01206 282000
Leisure World Tiptree								Maypole Road, Tiptree, Colchester, CO5 0EW 01206 282000
Leisure World Colchester Changing Places Facility*						Colchester Phoenix Swimming Club (Disability Specific) Teaching Section(children): 17:00 – 17:55 Development & Fitness (9 to adult): 18:00 – 19:00 (See more below)		Colchester Leisure World, Cowdray Ave, Colchester CO1 1YH 01206 282000

Timetable Key: No swimming pools but may offer other activities
Sessions aimed at all abilities
Disability Specific Sessions

Disability Specific Swimming Clubs:

- Colchester Phoenix Swimming Club - <https://www.phoenixswim.club/membership-join/swim-with-us/>

Chelmsford

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Riverside Ice & Leisure Centre Changing Places Facility* Hoist available							Chelmsford Swimming Club – Disability Swimming Section 18:00 – 19:00	Victoria Road Chelmsford Essex CM1 1FG 01245 605050
Chelmsford Sport & Athletic Centre Changing Places Facility*								Salerno Way, Chelmsford CM1 2EH 01245 605666
Dovedale Sports Centre								Vicarage Road, Chelmsford CM2 9BP 01245 605685
South Woodham Ferrers Leisure Centre Changing Places Facility* Hoist available								Trinity Square, South Woodham Ferrers, Chelmsford CM3 5JU 01245 605600

Timetable Key: No swimming pools but may offer other activities

Sessions aimed at all abilities

Disability Specific Sessions

Disability Specific Swimming Club

- Chelmsford City Swimming Club – Disability Swimming:** The Club runs a session each Sunday evening between 6.00 p.m. – 7.00 p.m. at the Riverside Ice and Leisure Centre where people with all disabilities are welcome to enjoy being in the pool. The session is deliberately unstructured in order to actively encourage people with disabilities to bring parents, carers and sibling's to enjoy some time in the water together. Please contact disability@chelmsfordcityswimmingclub.org.uk for further details.

Epping Forest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Epping Sports Centre								25 Hemnall Street, Epping CM16 4LU 01992 565670
Loughton Leisure Centre								Traps Hill, Loughton IG10 1SZ 02032255460
Ongar Leisure Centre								The Gables, Fyfield Road, Ongar CM5 0GA 01277 363969
Waltham Abbey Swimming Pool						Disability Swimming** 16:30 – 17:30 (See more info below)		Roundhills, Waltham Abbey, EN9 1UP 01992 716733

Timetable Key: No swimming pools but may offer other activities

Sessions aimed at all abilities

Disability Specific Sessions

****Disability Swimming** - A fun and relaxes session for all abilities. One carer/parent (attend free of charge) must accompany. For more information contact Olivia Worsfold oworsfold@eppingforestdc.gov.uk or see: <https://www.facebook.com/EppingForestDisabilityForum/>

Mainstream Swimming Club

- Epping Forest District Swimming Club. For more information see: <http://www.efdsc.com/>

Harlow

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Harlow Leisurezone Pool Chair and Hoist available								Harlow Leisurezone Second Avenue Harlow Essex CM20 3DT
Stewards Academy Swim School		Barracuda Swimming Club Additional Needs Swimming Lessons 16:00 - 20:00						Stewards Academy Swim School Parnell Rd, Harlow CM18 7NQ

Timetable Key: **No swimming pools but may offer other activities**
Sessions aimed at all abilities
Disability Specific Sessions

Disability Specific Swimming Club

- **Barracuda Swimming Club: Additional Needs Swimming Lessons.** For Children and Adults with additional needs. Aims to deliver 1 to 1 swimming lessons for each swimmer to give them confidence in the water and enable them to swim. Lessons last 30 minutes each and swimmers siblings are welcome to swim as well for a small fee, though they may not receive 1 to1 attention. For more information see: <http://www.allabilitysportsandleisure.co.uk/activities/swimming/>

Mainstream Swimming Club

- **Harlow Penguins Swimming Club.** Train at Harlow Leisurezone. For more information see: <https://harlowpenguins.wordpress.com/>

Maldon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Blackwater Leisure Centre PAL Pool Hoist available								Park Dr, Maldon CM9 5UR 01621 851898

Timetable Key: No swimming pools but may offer other activities
 Sessions aimed at all abilities
 Disability Specific Sessions

Disability Specific Swimming Clubs

- Blackwater Barracudas Swimming Club:** Takes place at Blackwater Leisure Centre. Contact is Mike Hill on 07754 786724

Mainstream Swimming Club

- Maldon Sharks Swimming Club:** For more information see: <http://maldonsharks.co.uk/index.php>

Rochford

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Clements Hall Leisure centre								Clements Hall Way, Hawkwell SS5 4LN 01702 207777
Fusion Lifestyle								Priory Chase, Rawreth Ln, Rayleigh SS6 9NF 01268 654510

Timetable Key: No swimming pools but may offer other activities
Sessions aimed at all abilities
Disability Specific Sessions

Mainstream Swimming Club

- **Rochford and District Swimming Club** – swim at Clements Hall. For more information see: <http://www.radsswimming.org.uk/>

Southend

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Southend Leisure & Tennis Centre								Garon Park Cricket Ground, Southend-on-Sea SS2 4FA 01702 613000
The Chase Sports & Fitness Centre								250 Prittlewell Chase, Southend-on-Sea, Westcliff-on-Sea SS0 0PR 01702433006
Shoeburyness Leisure Centre								Delaware Road, Southend-on-Sea SS3 9NS 01702 293558
Belfair Leisure Centre			GP Aqua. 11:30-12:30 Ring the centre for more details on how to access this session.				SEALS Disabled Swimming Club 16:00 – 17:00 (see below for more information)	Fairview Gardens, Essex, SS9 3PE Tel: 01702 712155

Timetable Key: No swimming pools but may offer other activities
Sessions aimed at all abilities
Disability Specific Sessions

Disability Specific Swimming Club:

- **SEALS Disabled Swimming Club** - Family and friends are welcome to come along. Swim to keep fit, to help mobility, to socialise and for some compete in Galas
- For more info visit <http://www.sealsswimclub.co.uk/sealsswimclub/Home.html> or contact info@sealsswimclub.co.uk or call Kevin Clow on 07775 952509

Tendring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Clacton Leisure Centre PAL Pool Hoist available	10-11am disabled swim	2.30-4pm 50+ & disabled		9-10am 50+ & Disabled				Vista Road, Clacton, Essex CO15 6DB 01255
Walton Leisure Centre					9-10am Disabled - Teaching Pool			Princes Esplanade, Walton, Essex CO14 8PZ 01255 676608
Manningtree Leisure Centre								Colchester Rd, Lawford, Manningtree CO11 2BN
Brightlingsea Lido	Open air swimming pool - Times open based on weather. Contact 01206 303067 for more information.							Promenade Way, Brightlingsea, Essex C07 0HH
Dovercourt Bay PAL Pool Hoist available			10.30-11.30 disabled & 50+			10-11am 50+ & disabled		Low Road, Dovercourt, Essex C012 3TA
Harwich Sports Centre								Hall Lane Dovercourt Harwich Essex C012 3TB

Timetable Key: No swimming pools but may offer other activities

Sessions aimed at all abilities

Disability Specific Sessions

Mainstream Club

- **Clacton Sharks Swimming Club** - clactonscenquiries@gmail.com for details on how to obtain free information, including a free introductory session. All inclusive swimming club. Masters sessions available <http://clactonswimmingclub1931.weebly.com/>

Thurrock

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Blackshots	Belhus Park, Blackshots and Corringham all have pool programmes. Contact them for further information or go to http://www.impulseleisure.co.uk							Blackshots Ln, Grays RM16 2JU 01375 375533
Belhus Park Golf and Country Club								Belhus Park, South Ockendon, RM15 4PX 01708 856 297
Corringham Leisure Centre								Springhouse Road, Corringham, SS17 7NB 01375 678 070
Palmers Sports & Fitness Centre								Chadwell Road, Grays, RM17 5TD 01375 898 613

Timetable Key: No swimming pools but may offer other activities

Sessions aimed at all abilities

Disability Specific Sessions

Mainstream Swimming Club:

- **Thurrock Swimming Club** – Swim at Blackshots Swimming Pool. For more information see: <http://www.thurrockswimmingclub.org/>

Uttlesford

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Address / Contact
Lord Butler Fitness & Leisure Centre Changing Places Facility* PAL Pool Hoist available								Peaslands Road Saffron Walden Essex CB11 3EG Telephone: 01799 522777
Great Dunmow Leisure Centre Changing Places Facility* PAL Pool Hoist available				Stroke Correction Clinic 10:00 -12:00	Stroke Correction Clinic 10:00 -12:00			Parsonage Grove Great Dunmow Essex, CM6 2AT Telephone: 01371 878690
Mountfitchet Romeera Leisure Centre								Forest Hall Road Stansted Essex CM24 8TZ Telephone: 01279 648580 Email: mountfitchet.romeera@1Life.co.uk

Timetable Key: No swimming pools but may offer other activities
 Sessions aimed at all abilities
 Disability Specific Sessions

Mainstream Swimming Clubs:

- **Dunmow Atlantis Swimming Club** – mainly train at Great Dunmow Leisure Centre. For more information see: <https://www.dunmowatlantis.co.uk/>
- **Saffron Walden Swimming Club** –train at Lord Butler Fitness & Leisure Centre. For more information see: <http://www.saffronseals.org.uk/wp/>

*Changing Places Facility

What are Changing Places?

Changing Places are fully accessible toilets and personal care facilities that include:

- Adult sized, height adjustable changing benches;
- Hoisting equipment;
- Enough space for a child/young person, plus two carers;
- Centrally placed toilets with room either side for the carers
- Privacy screens or curtains around the toilet;
- Wide tear off paper roll to cover the bench;
- A large waste bin for disposable pads and a non-slip floor.

These have been designed to help meet the needs of children and young people with disabilities, their families and adults with similar care needs.



With thanks to...

This document was produced by All Together ambassador **Suzanne Warren**.

Suzanne is a Para-swimmer from Holland-on-Sea, Tendring.

Read her ambassador profile here: <https://www.activeessex.org/profile/suzanne-warren/>