

Dementia  
Friendly  
Swimming



# Dementia Friendly Swimming

***When:*** First session on 18<sup>th</sup> April. Term time only

Wednesdays, 10am-11am

Thursdays, 1pm-2pm

Fridays, 9am-10am

***Where:*** Southend Leisure & Tennis Centre  
Garon Park, Eastern Avenue, SS2 4FA

***How much?*** £5.20 per session, Carer gets in for free

You're welcome to come along to view the facilities

For further details contact Southend Leisure & Tennis Centre:  
[southend-sales@fusion-lifestyle.com](mailto:southend-sales@fusion-lifestyle.com) or **01702 613000**

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**DAA** Southend  
Dementia Action Alliance



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[www.southend.gov.uk](http://www.southend.gov.uk)

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