

# INSPIRED TO TRY...

## Diving

**FREE Inspired to Try Diving lesson** For under 16's

If you enjoy heights, an adrenaline rush and want to learn tricks and be flexible, then diving is for you.

The participant(s) need to be able to swim 25m unaided without goggles in deep water

**When:** Tuesday 9<sup>th</sup> August

**Time:** 09:00 – 16:00 every 30 minutes

**All-inclusive sessions for those with a disability or learning difficulty:**

11:00-11:30, 11:30-12:00, 15:00-15:30 and 15:30-16:00

**Where:** Wyndley Leisure Centre, Clifton Road, Sutton Coldfield B73 6EB

**To book:**

[https://asa.formstack.com/forms/inspired\\_to\\_try\\_diving\\_sessions](https://asa.formstack.com/forms/inspired_to_try_diving_sessions)

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