

# 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:** Thursday 28<sup>th</sup> July

**Time:** 10:00 – 15:00 every 30 minutes

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

11:00-11:30 and 11:30-12:00

**Where:** Tudor Grange Leisure Centre, Blossomfield Road, Solihull B91 1NB

**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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