



Gym and swim for adults with a learning disability

Join us for our new swim and gym session! Start with an instructor-led swim session, followed by an instructor-led gym work out. This is at a pace suitable for you.

You must be able to support yourself in the water or bring someone with you.

Tuesdays. Starts: 13th January 2026

Swim 1.30pm – 2.15pm

Gym 2.30pm – 3.30pm

Hillbrow Health and Wellbeing, 1 Denton Road, Eastbourne BN20 7SR

Any queries? Contact Liz Bartlett:
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To book, visit: www.grace-eyre.org/gym-swim

