



**\*New\***  
**Only £10**  
**for both**  
**sessions**

# 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: 13<sup>th</sup> 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](http://www.grace-eyre.org/gym-swim)

