



Sparkle Family Swim

Sparkle are pleased to be able to offer two Family Swim Sessions each week. These sessions are an opportunity for the whole family to come and enjoy the Hydrotherapy pool together.

Some families use these sessions to:

- Have fun together as a family in a supported environment.
- Develop the children and young people's water confidence
- Practice and continue the exercises advised by their therapists.
- Practice swimming techniques that have been taught in the Sparkle Swim lessons.



During the session there are a variety of equipment/toys available to use such as floats, woggles, sinkable toys, floatation belts, balls and hoops. Music and lighting is also used to enhance the session.

The sessions run on a Saturday between 12pm and 1pm. Each of the sessions last 30 minutes. The cost of the session is £4.50 per person.

Please note: The ratio of Children to Adults is one adult per child for children under the age of 10. An adult is a person who is aged 16 and over.

Accessing the service

Families are required to complete a family activities form to ensure that we are aware of your individuals needs and return to the Sparkle Office.

Once completed families can then simply email ABB.SparkleActivities@wales.nhs.uk or ring 01633 748 093 to book the number of spaces they require in a session.

This document is also available in Welsh.