



# Swimming for Amputees

*Manchester Amputee Fitness Initiative*

# MANFIT

MANFIT is now running exclusive swimming sessions at the **FABULOUS MANCHESTER AQUATICS CENTRE**.

If you would like to swim, learn to swim or just splash about and mix with other like-minded people in a friendly, safe environment **join MANFIT SWIMMING!**

To find out more please ask your physio/occupational therapist, prosthetist, consultant, at the DSC reception or phone:

**07776 181180**

email: **info@manfit.org**

web: **www.manfit.org**

Supported by:



MANCHESTER  
CITY COUNCIL

## **FREE** group sessions

take place weekly at **MANCHESTER AQUATICS CENTRE** (off Oxford Road) the venue of the **Commonwealth Games** and one of the best pools in the UK!

If you don't fancy swimming, **FREE group gym sessions** take place at The Manchester College's sophisticated and well-equipped fitness suite (light lunch included).



Both sessions take place in a safe group environment with dedicated instructors for amputees who have been discharged from active rehabilitation. If people feel confident enough integrated sessions will be available at a reasonable rate.