



Disability Sport Fife



Discrete Swimming Coach Led Sessions



In 2014 DSF celebrates 37 years developing sports for children, athletes and players with a physical, sensory or learning disability in Fife. 1977-2014



Disability Sport Fife (DSF) offers discrete coach led swimming sessions weekly across Fife for young people and adults with a **physical, sensory or learning disability**. These sessions are for **swimmers** who wish to improve and advance their swimming skills and/or prepare for local and national competitions. All sessions run for one hour.

Monday 1615 - Cupar Sports Centre 12+ coach Helen MacKay

Wednesday 1130 - MWC Glenrothes 15 + coach Kathy Bijak

Wednesday 1315 - Cowdenbeath LC 15 + coach Kathy Bijak

Wednesday 1700 - MWC Glenrothes 8+ coach Anna Tizzard

Thursday 1700 - Carnegie LC 12+ coach Kay Maxwell

Session charges range from £2.70 for juniors to £3.80 for adults.



As with all DSF sports activity sessions, potential participants must register an interest in the first instance with the DSF Administrator Norma Buchanan at the Head Office of DSF in the Michael Woods Centre, Glenrothes. Norma will send out the appropriate registration form on receipt of an e mail or in response to a telephone call.

Phone: 03451 555555 Ext. 444989 E-mail: norma.buchanan@fife.gov.uk

Alternatively visit DSF on line: www.fifeleisure.org.uk

(Find us in the **Health and Well Being** section)