



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:
01457 854604 / 07776 181180
email: **info@manfit.org**
web: **www.manfit.org**



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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 weekly at MANCAT's brand-new highly sophisticated and well-equipped fitness suite (light lunch included).



www.mancat.ac.uk

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.