

“TODDLE & WADDLE” PILOT STUDY

What is it?

A weekly session of physical activity aimed at bringing together the highly active under 5's (and their carers) and less mobile members of the community to enjoy time together.

Using seated exercise and “little sports” activities

Led by qualified instructors

(Inspired by Studies undertaken in both the USA and Bristol UK)

When is it?

Thursdays 3 - 4.30pm

4 weeks: 2nd – 23rd November

Where is it?

The Quays Swimming & Diving Complex
27 Harbour Parade, Southampton SO15 1BA



How much is it?

£8 per person (big or small) for the whole course (4 weeks) Carers Free

How do I join?

Contact the Diving Office on 02380 720 922
or email divingatthequays@activenation.org.uk

To request an application form