

Inclusive Activities

Anti-Swim

This summer, Plymouth Active Leisure is proud to introduce new inclusive activity opportunities for families across the city.

In partnership with the Shortbreaks team at Plymouth City Council, we're bringing back our much-loved Anti-Swim sessions at Plympton Pool. Starting on **Sunday 6th July**, individuals can enjoy a free, hour-long swim every Sunday from 10:30am, supporting people with autism across the city.

We understand that swimming can be a stimulating sensory experience. That's why Plympton Pool provides a calm, welcoming environment — perfect for anyone who wants to explore the water at their own pace or swim alongside their peers in a supportive setting.

The pool environment will be quieter, with reduced noise and no music to create a more comfortable space. Evidence may be requested on-site for proof of eligibility.

Want to book? Check out our swimming session on our app or our website today, it's **FREE!**



Fancy a Game?

Working with our Fit and Fed partners, we are offering coached bowls sessions to our local families. Our Bowls team strive to provide an equitable session, using adaptive equipment to cater to the specific needs of their participants.

Never played bowls? or consider yourself a pro? We'll find a place for you.

Available dates:

Thursday 24 July (4-4.45 PM) (5-5.45 PM)
Thursday 7 August (4-4.45 PM) (5-5.45 PM)
Thursday 28 August (4-4.45 PM) (5-5.45 PM)

Let's do family days!

Looking for something fun to do as a family, or a way to spend quality time together at the weekend? Our Family Days have you covered. Funded by Plymouth City Council's Short Breaks service, these events offer a full day of inclusive activities for all to enjoy.

You'll get the chance to try a range of adaptive sports, experience our bespoke dry diving room, and enjoy some time on the bouncy castles. To end the day, you can wind down with a private family swim, in a dedicated pool.

Don't hesitate to get in touch with us below to sign up for our mailing list!

Want to book in for bowls or get involved in our family days?
Email us on... getactive@plymouthactive.co.uk