



# The Apollo Swimming Club for the Physically Disabled

Apollo was originally founded to help children who needed exercise after orthopaedic operations or after periods of immobilization in splints. Our membership has now widened so that we have more adults than children, with many different kinds of physical disability. Some join on a temporary basis after an accident, then after they have recovered become associate members so that they can come along and help people in the club.

We swim at Goldenstones on Saturday mornings 9am to 10am and at Sherborne Boys School on Tuesday evenings 7pm to 8pm. Charges are £1.80 for adults/OAPs and £1.00 for children for each swimming session. Anyone who needs help and has a family member or friend who wishes to help them can become an associate member. The annual fee is £6.00 and £3.00 for juniors.

We have a minibus for those who have difficulty in getting about. Should you need a lift, just talk to our Transport Manager who will put you on the pick up list for either Saturday mornings or Tuesday evenings.



Members who wish to, have the opportunity to take part in galas all over the West Country. These are organized for disabled people and a lot of work goes into the planning of them, so that people with all the different degrees of disabilities can take part on an equal basis.

Apollo owns a sailing boat. Sailing takes place at Sutton Bingham Reservoir on Thursdays in the early evening (weather permitting) during the summer months. Again the minibus collects those who wish to take part but have difficulties with transport.

We have regular skittles evenings, parties, discos, an annual dinner for the adults and outings to all sorts of places. Just about everything for the family.

Our Membership Secretary is Sheila Ludgate and she will always be pleased to help with further information.  
Tel: 01935 851259.

For more information please look at our website  
[www.apolloswimmingclub.org.uk](http://www.apolloswimmingclub.org.uk)

