Many children at Leda ESC demonstrate reduced functional mobility, high levels of stress and anxiety, a reduced ability to concentrate and lack of confidence. Many also do not participate in regular physical activity. After much research and discussion with therapists and parents we incorporated swimming into our Community Access program for all of our Junior classes.

Children are supported 1:1 by school staff and three swimming instructors. Activities are structured to ensure maximum participation in a fun, relaxed atmosphere. Swimming is fun and a change of pace from other forms of exercise and therapy.