



Fox Wood Sensory Swimming

In Fox Wood we have a purpose built warm water swimming pool. It is a wonderful multi-sensory environment which is used by school students that are unable to access a swimming curriculum at our local Woolston Leisure Centre.

The pool offers an alternative forum for curriculum delivery and provides an opportunity for students to gain physical confidence and skills, which they may not have out of the water. Specialist equipment is in place to assist students of all abilities to ensure they are able to gain the benefits of the warm water.

The benefits to the students of accessing the pool regularly are not just physical in nature, the psychological and social impact can be considerable. A few of the benefits of accessing sensory swimming sessions include;

- Relaxation and the feeling of weightlessness.
- Relief of pain and muscle spasm.
- Opportunity to develop individuals body awareness to aid co-ordination and balance.
- Opportunity to strengthen weak muscles and tolerance to exercise.
- Engage in activities that allow the student to maintain and/or increase range of movement in joints.
- Improve circulation.
- Develop functional skills.
- Have fun whilst learning.

