



## Swimming Support Assistants - Clonakilty Day Centre

**The people we support in Clonakilty love their weekly swimming sessions. We would love to have some volunteers to help us to run this fun activity.**

The volunteers must be kind, caring, patient and be able to swim. Our group goes to Dunmanway pool on Wednesdays and volunteers could travel there with staff and are required from 9 am - 12pm (noon).

On Thursday afternoon we use the Clonakilty pool and volunteers are needed from 2pm - 4 pm.

With your help the people we support will get more benefit during their swimming sessions and become more confident in the swimming pool. They will also enjoy the social aspect of getting to know new people.

This is an opportunity for volunteers to gain experience of adults with an intellectual disability and to make some new friends.

**If you can help please contact Milly Farrell, Volunteer Coordinator  
on 021-4643294/086 0412354 or e-mail [volunteer@cope-foundation.ie](mailto:volunteer@cope-foundation.ie)**