**What can I expect on the day?**

**What do I need to bring?**

* You will need to bring with you a swimming costume, tracksuit or similar clothing, plus a couple of towels.
* If you are usually transferred by hoist, please bring your own sling and carer.
* If you use an epi-pen or enhaler please make sure you bring it with you. We will carry it on the boat while you are skiing.
* On hot sunny days ensure you bring adequate sun protection.

**Please make sure you bring a friend or carer if you** **need help with changing or hoisting.**

**What facilities are available?**

There is free car parking, changing rooms, disabled toilet and shower, picnic areas.

Hot and cold drinks and snacks are available for purchase.

There will be a BBQ on the Saturday sessions available to everyone at modest cost.

**Is there an age limit?**

There is no specified minimum or maximum age, as long as the skier is old enough to want to learn and we did have Olive on the water at 91 years old.

**What happens on the day?**

You will have chosen a 2 hour period for your booking but we cannot guarantee that you will ski within that 2 hour period. As long as you arrive in good time we will do our best.

An instructor will assess you as to the type of ski you will use - whether seated or standing, and give you initial instruction on land. You will have an instructor either side of you on the water, who will be there to coach and encourage you.

**If you find you are unable to attend on the day please call:**

**Michelle on 07734569113**