

Derbyshire

Trampolining

Trampolining for young people with additional needs.
Qualified coaches. Supervision by parent/carers.

Venue: Ripley Leisure Centre

Date and time: Saturday at 11.15 ; £4.00 per session.

Contact: Vanya Currell or Ripley Leisure Centre on:
01773 514727 and leave a message for Tracy

Leicester

Get Yourself Active

Get Yourself Active is a partnership led by Disability Rights UK, funded by Sport England and delivered by Leicestershire Centre for Integrated Living. The project works with disabled people to identify opportunities to take part in sports and physical activities to help stay active and get fit.

If you would like to find out what is on new you,
contact: Dan Ball, Co-ordinator, on 0116 222 5005.

Nottinghamshire

Autism-friendly Swimming club

Venue: Water Meadows Swimming Club, Water Meadows ,
Mansfield NG18 1BA

Date: Feb 13, March 12 between 7 and 8pm. £12 per family.

Contact: Kathryn Brown on 07825 396 378.