

ACTIVITY SESSIONS FOR ADULTS WITH A LEARNING DISABILITY AND AUTISM TIMETABLE

MONDAY		ARCHERY (Free Leisure) 10am - 11.30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
		CYCLING (Free Leisure) 1.30pm - 3pm	Witton Park Cycle Centre, Preston Old Road, BB2 2TP
TUESDAY		HEALTH WALK 10.30am - 11.30am	Albion Mill, Albion St, Blackburn, BB2 4LX
		SWIM (Free Leisure) 1.30pm - 2.30pm	Blackburn Sports & Leisure Centre, Fielding St, Blackburn, BB2 1LQ
WEDNESDAY		MULTI SPORTS (Free Leisure) 10.30am - 11.30am	Darwen Leisure Centre, The Green, Darwen, BB3 1PW
		CYCLING (Free Leisure) 12.30pm - 2.30pm	Witton Park Cycle Centre, Preston Old Road, BB2 2TP
		GYM SESSION (Free Leisure) 12.30pm - 2.30pm	Blackburn Sports & Leisure Centre, Fielding St, Blackburn, BB2 1LQ
THUR		TEAM GAMES (Free Leisure) 10am - 11.30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
FRIDAY		DANCE 10.30am - 11.30am	Audley Centre, Chester St, Blackburn, BB1 1DW
		GYM SESSION 10.30am - 11am	Audley Centre, Chester St, Blackburn, BB1 1DW
		FOOTBALL 11am - 11.30am	Audley Centre, Chester St, Blackburn, BB1 1DW
		DODGEBALL (Free Leisure) 1.30pm - 2.30pm	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP

All sessions are £1 except swimming which costs £2, free for Carer's. It is advisable to ring before attending sessions to check availability. Thank you.

MATTHEW



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