

# ACTIVITY SESSIONS FOR ADULTS WITH A LEARNING DISABILITY AND AUTISM TIMETABLE

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



Matthew.Leaver@Blackburn.gov.uk



07837921649

## KATHRYN



Kathryn.Boyes@Blackburn.gov.uk



01254 585502