

ACTIVITY SESSIONS FOR ADULTS WITH A LEARNING DISABILITY AND AUTISM TIMETABLE

MON		ARCHERY (Move More for Less) 10am - 11.30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
TUES		SWIM 1.30pm - 2.30pm	Blackburn Sports & Leisure Centre, Feilden St, Blackburn, BB2 1LQ
WEDS		MULTI SPORTS (Move More for Less) 10.30am - 11.30am	Darwen Leisure Centre, The Green, Darwen, BB3 1PW
THUR		TEAM GAMES (Move More for Less) 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 (Move More for Less) 1.30pm - 2.30pm	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP

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

MATTHEW



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