

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

<b>MON</b>		<b>Ball Games</b> 10:30am - 11:30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
		<b>ADAPTED CYCLING</b> 1:30pm - 3pm	Active Outdoors Hub, Witton Park, Blackburn, BB2 5LE
<b>TUES</b>		<b>SENSORY WALK</b> 10:30am - 11:15am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
		<b>SWIM</b> 1:30pm - 2:30pm	Blackburn Sports & Leisure Centre, Feilden St, Blackburn, BB2 1LQ
<b>WED</b>		<b>MULTI SPORTS (Move More for Less)</b> 10:30am - 11:30am	Darwen Leisure Centre, The Green, Darwen, BB3 1PW
<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>FOOTBALL</b> 11:30am - 12:00pm	Audley Centre, Chester St, Blackburn, BB1 1DW

All sessions are £2. Sessions based at leisure facilities are £1 with a re:refresh membership. Carer's can attend free of charge. It is advisable to ring before attending sessions to check availability.

Thank you.

**Wellbeing  
Service**



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