re:fresh your health and wellbeing

01254 682037

Activity sessions for adults with a learning disability and autism timetable

	ig@blackburn.	gov.uk	Place to meet
monday mon st sun on tase wed that fil	sports group	Ball Games 10:30am - 11:30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
tuesday tues tues set sun mon tues wed thur fri	walking	Sensory Walk 10:30am - 11:15am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
tuesday tues tues set sun mon bus wed thur fri	adapted cycles	Adapted Cycling 1:30pm - 3:00pm	Blackburn Sports & Leisure Centre, Feilden St, Blackburn, BB2 1LQ
tuesday tues tues set sun mon bee wed ther fri	swimming	Swim 1:30pm - 2:30pm	Blackburn Sports & Leisure Centre, Feilden St, Blackburn, BB2 1LQ
wednesday ceeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeee	sports group	Multi Sports	Darwen Leisure Centre, The Green,
sat sun mon tues wed thur fri		10:30am - 11:30am	Darwen, BB3 1PW
set sun mon tues wed that fi	sports group	Multi Sports 10:30am - 11:30am 10:30am - 11.30am	Darwen, BB3 1PW Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
thursday ceccentric thur thur	sports group Creative dance	Multi Sports	Witton Park Arena, Witton Park, Preston

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