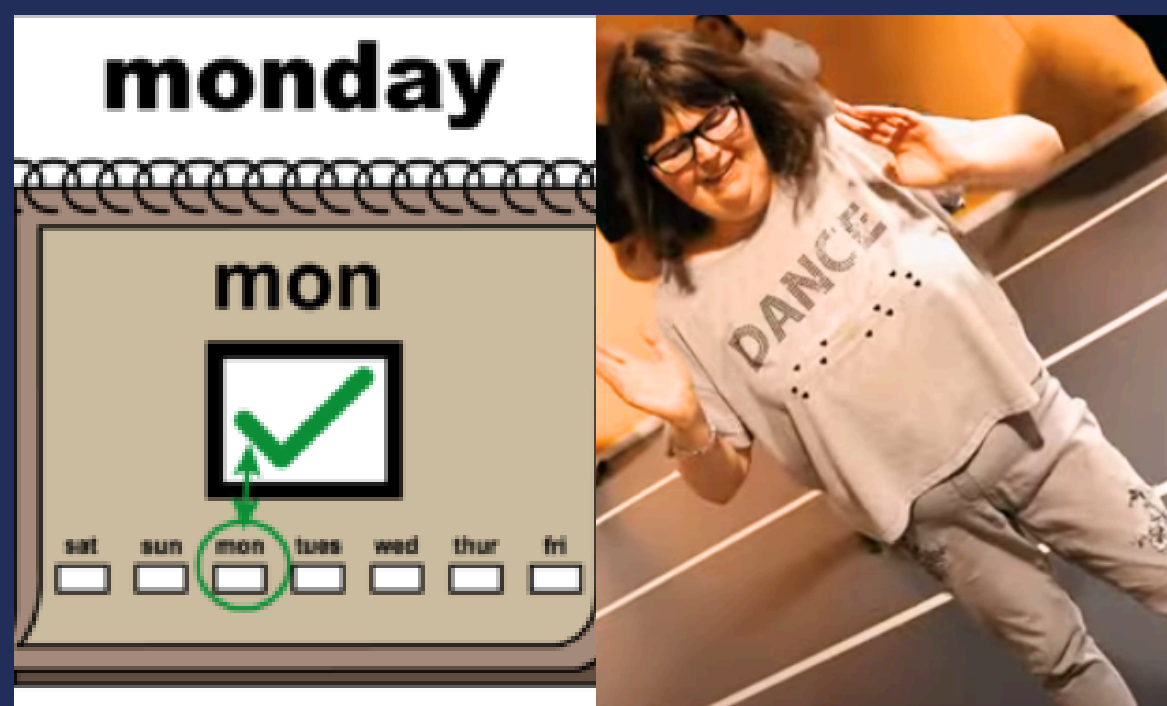


# Activity sessions

for adults with a learning  
disability and autism

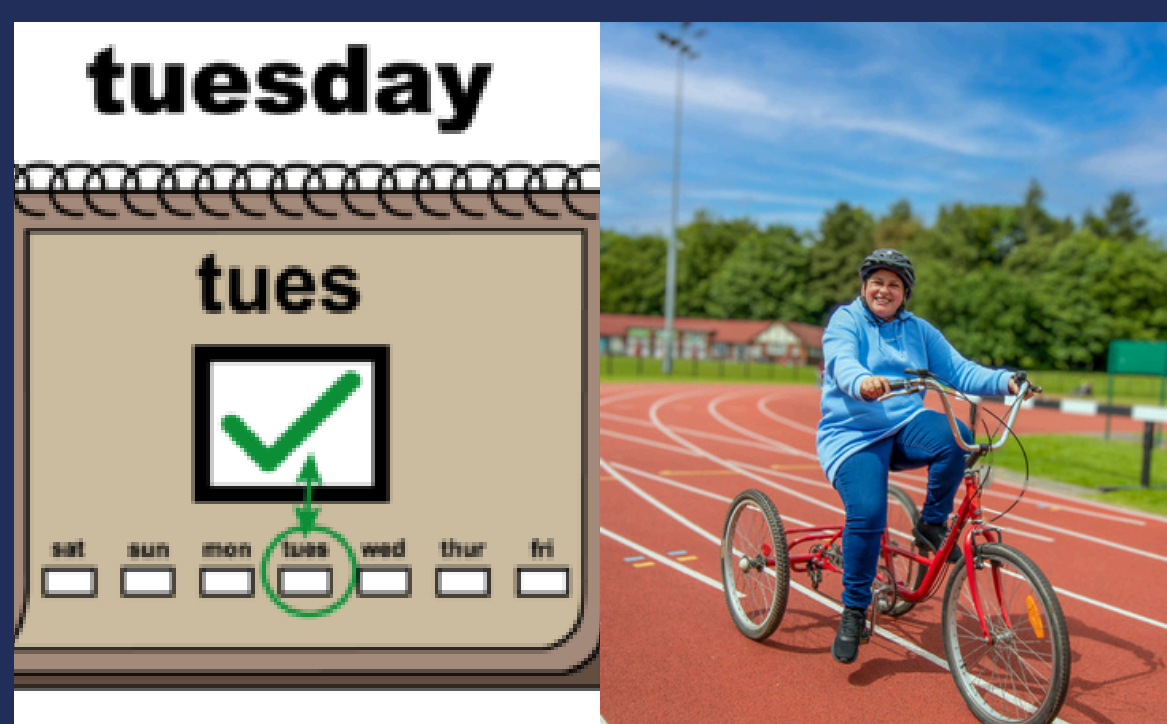
## timetable

Place to meet



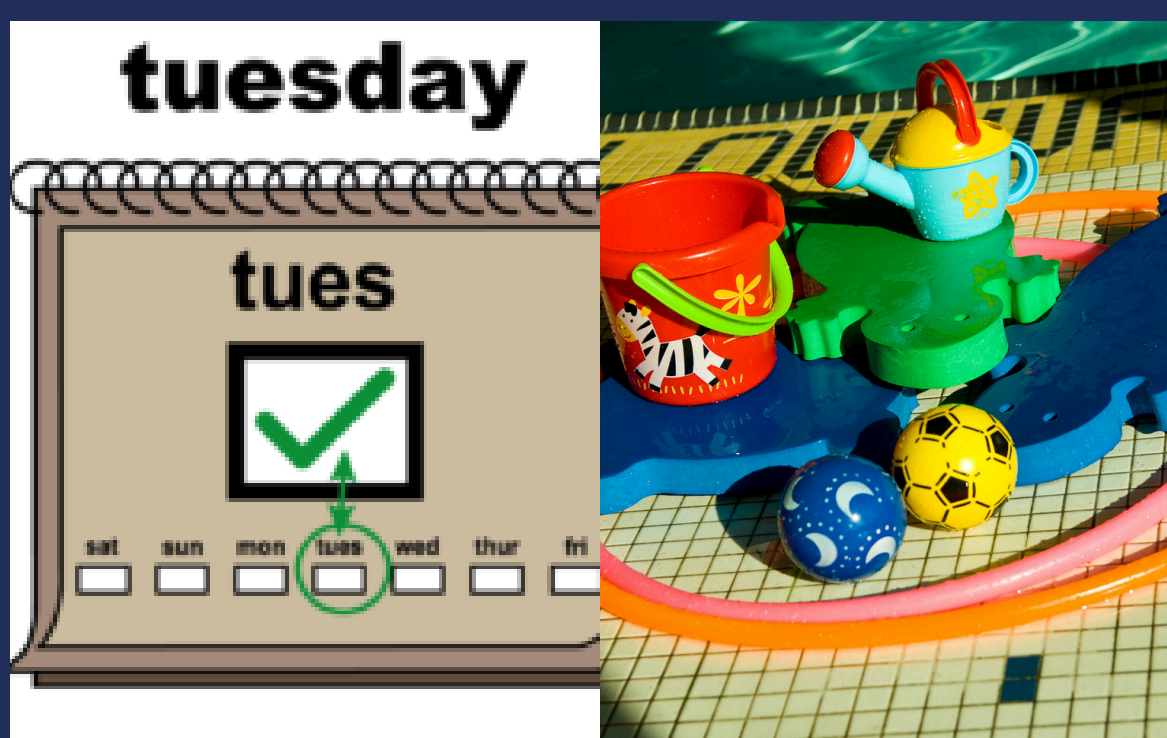
**Dance**  
**1:30pm - 2:15pm**

**Witton Park  
Arena,  
BB2 2TP**



**Adapted Cycling**  
**1:30pm - 3:00pm**

**Active  
Outdoors Hub,  
Witton Park,  
BB2 2TP**



**Swim**  
**1:30pm-2:30pm**

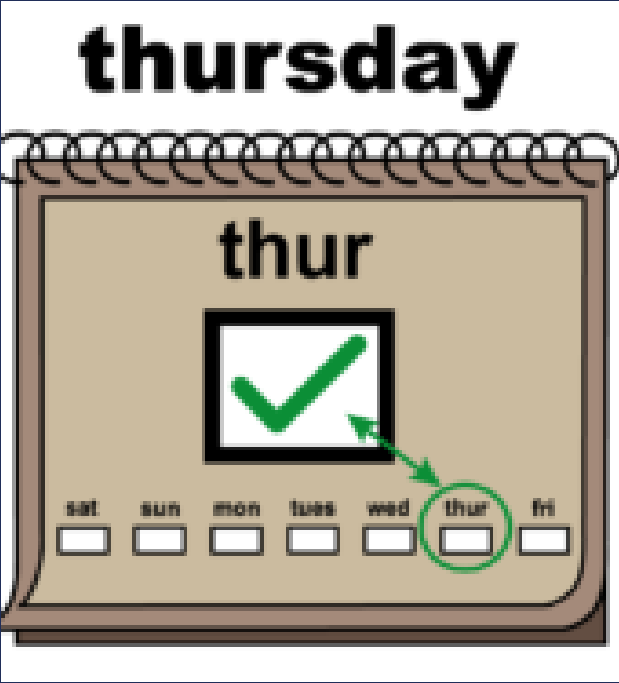
**Blackburn  
Sports &  
Leisure  
Centre,  
BB2 1LQ**



**Multi Sports**  
**10:30am-11:30am**

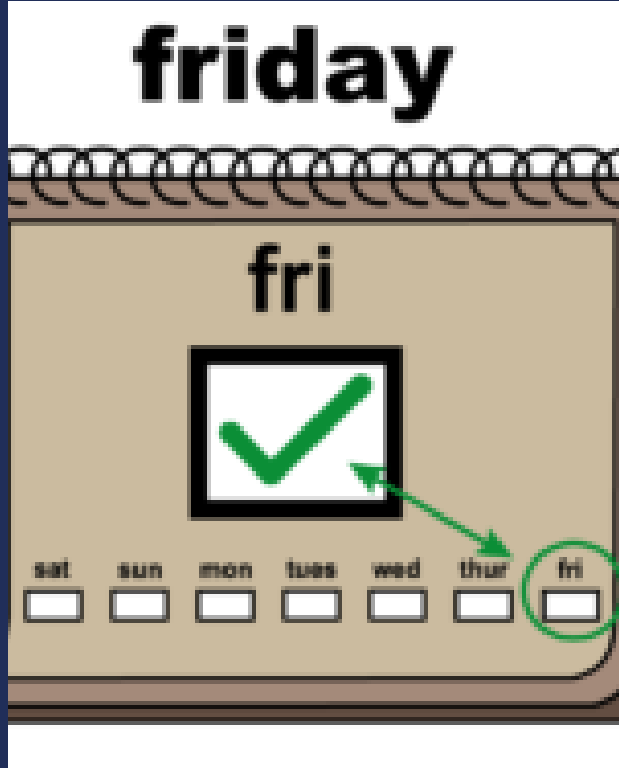
**Darwen  
Leisure  
Centre,  
BB3 1PW**





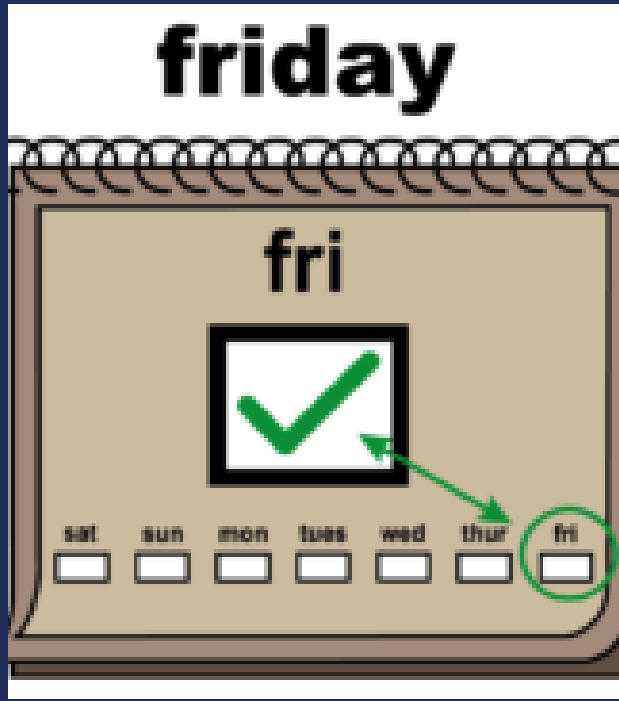
**Boccia and Curling**  
**10:30am - 11:30am**

**Witton Park  
Arena,  
BB2 2TP**



**Dance**  
**10:30am - 11:15am**

**Audley  
Sports  
Centre,  
BB1 1DW**



**Gym**  
**1:30pm - 2:30pm**

**Blackburn  
Sports &  
Leisure  
Centre,  
BB2 1LQ**



**Other Activities**

**Xplorer**

**Anytime fun orienteering activity.**

 **Upto 15 themed  
plaques to find**

 **45 minutes to  
1hr**

**Request a pack or download your pack to your phone.  
Visit our website [www.refreshbwd.com](http://www.refreshbwd.com)**

**4 Parks**

**Corporation  
Queens  
Whitehall  
Witton**



**Gym, Swimming with BwD Leisure**

**Access the gym and swimming pools  
at certain times during the week, for  
only £1 with a re:refresh membership**



**Visit the leisure website - [bwdleisure.com/movemoreforless/](http://bwdleisure.com/movemoreforless/)**

**3 Leisure Centre's**

**Blackburn  
Darwen  
Witton**



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.