

 **01254 682037**

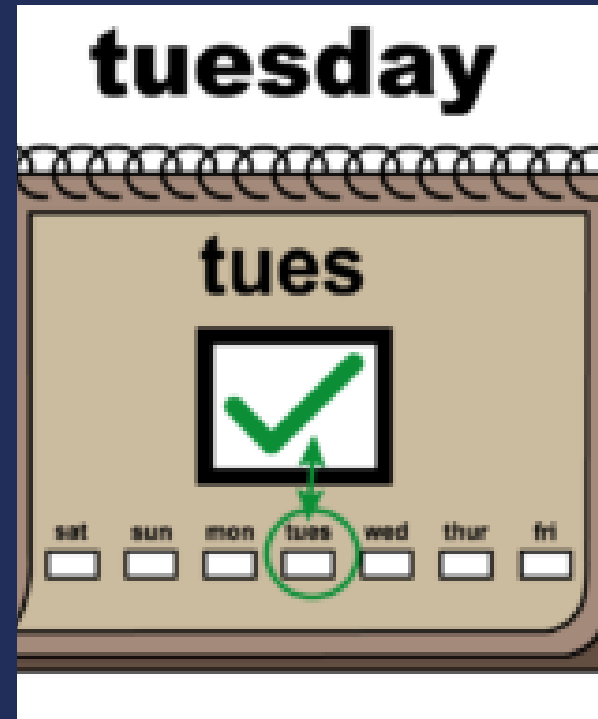
 **Wellbeing@blackburn.gov.uk**

Activity sessions

for adults with a learning disability and autism

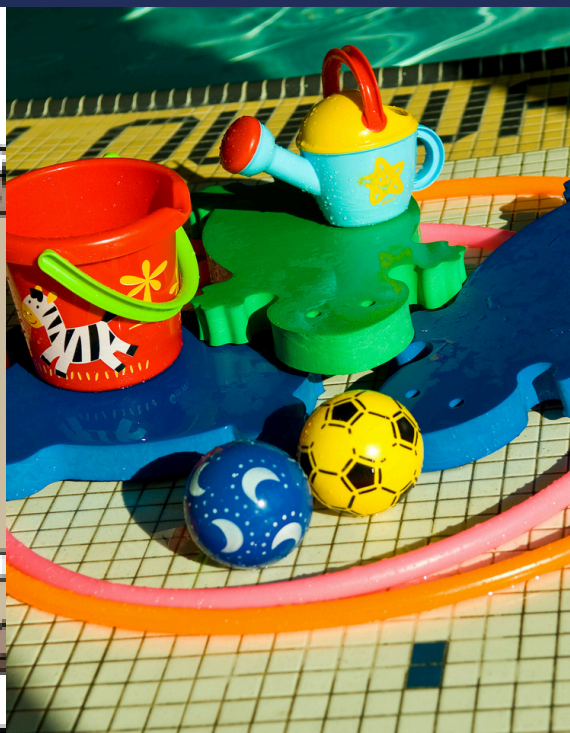
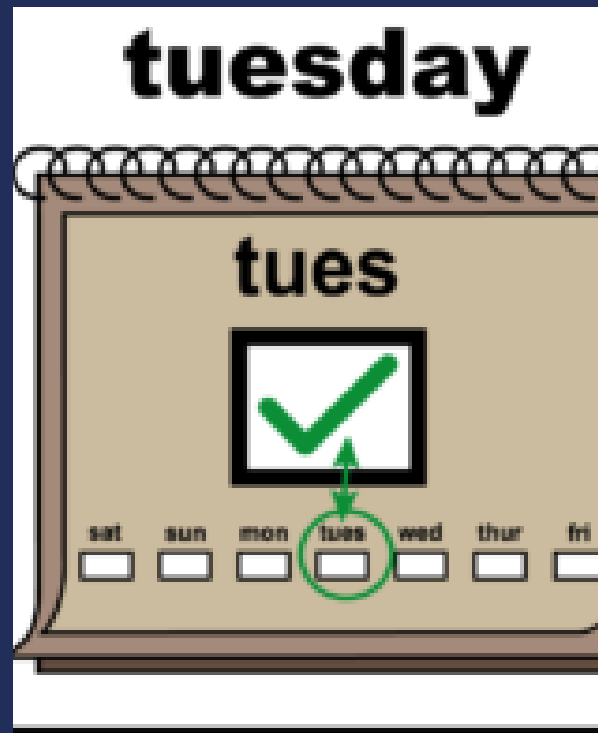
timetable

Place to meet



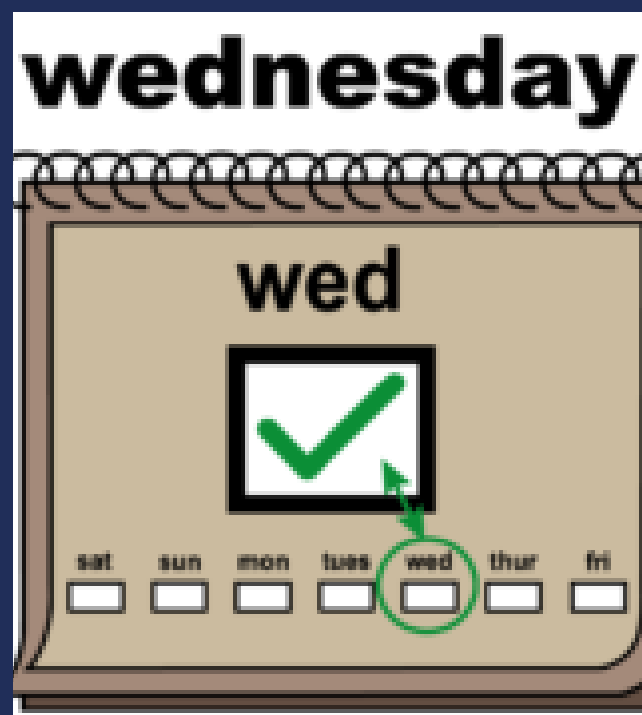
Adapted Cycling
1:30pm - 3:00pm

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



Swim
1:30pm-2:30pm

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



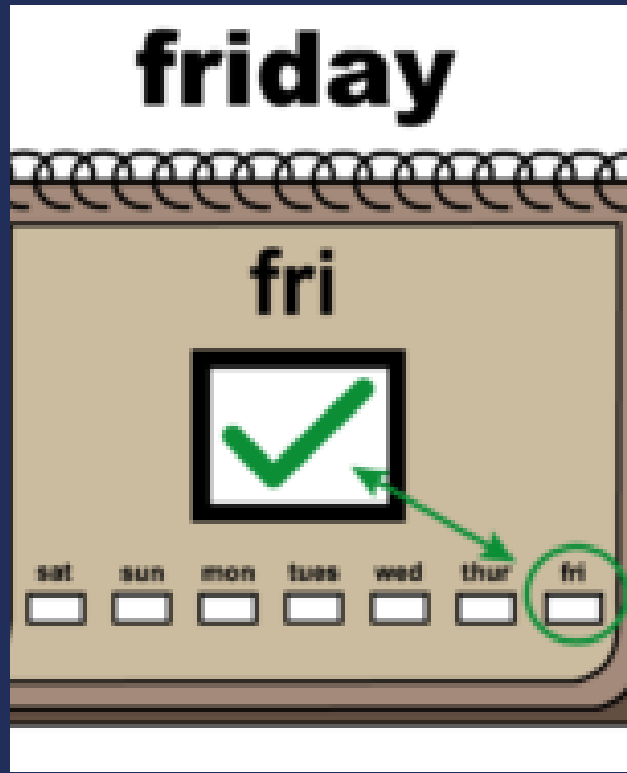
Multi Sports
10:30am-11:30am

**Darwen
Leisure
Centre,
BB3 1PW**



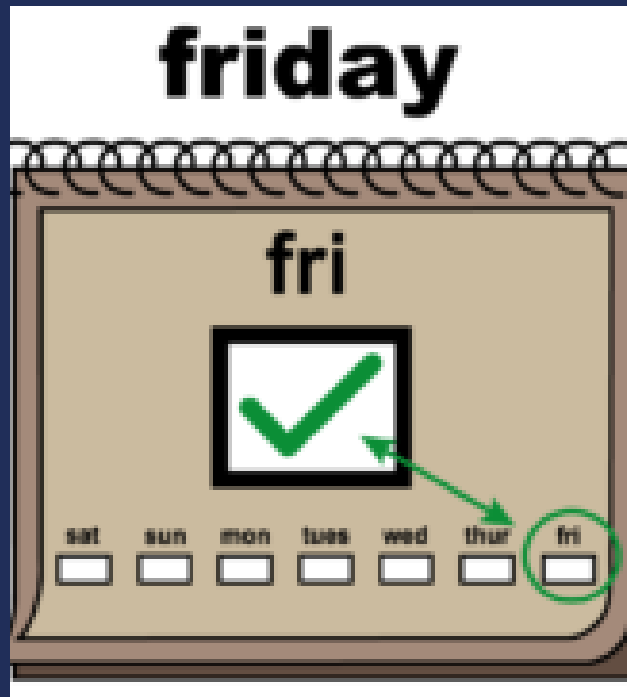
Boccia and Curling
10:30am - 11:30am

**Witton Park
Arena,
BB2 2TP**



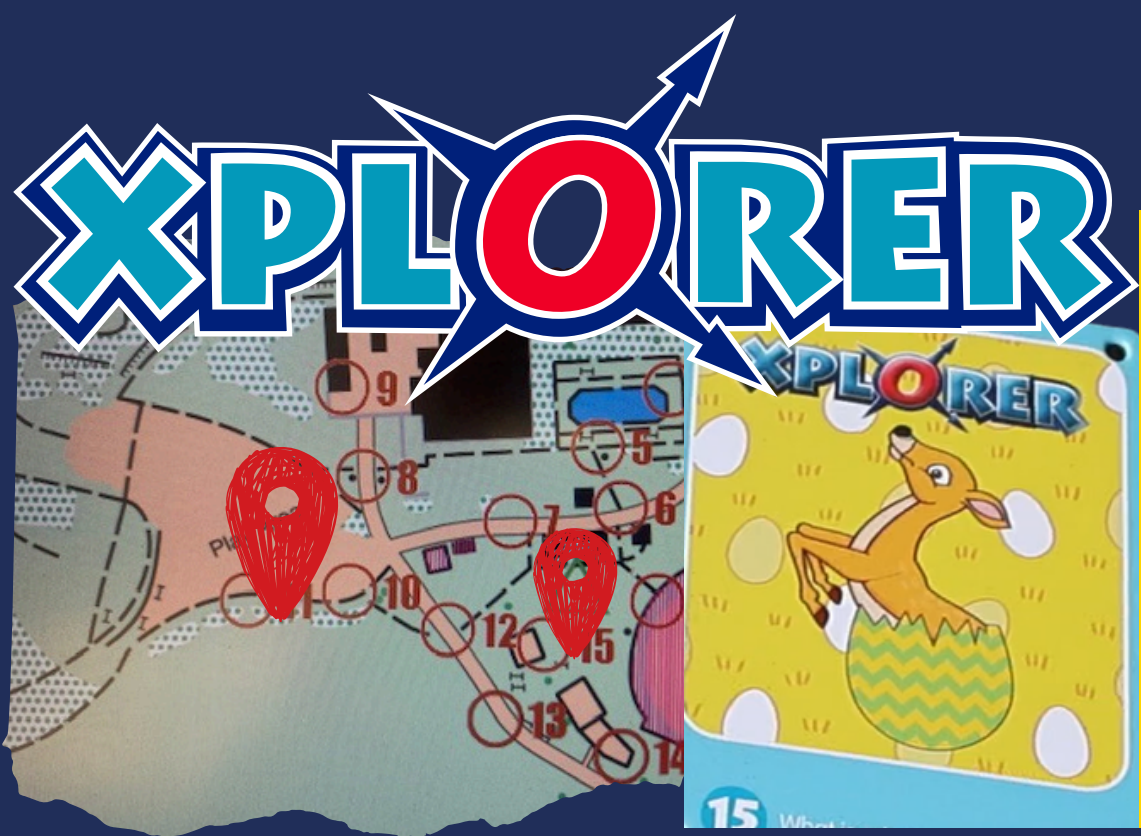
Dance
10:30am - 11:15am

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

4 Parks Corporation Queens Whitehall Witton



GYM, SWIM, CYCLE & MORE
MOVE MORE FOR LESS
 DISCOUNTED SESSIONS

If you live, work, have a GP or are in full time education in Blackburn with Darwen you can access **discounted sessions** across the borough.


Contact the Wellbeing Service on: **01254 682037**





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/

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.