

DISABILITY ACTIVITIES AT THE LIFE CENTRE

BOCCIA

Boccia is a fun, strategic, easy to play sport for all to enjoy.

Play as a team to beat the opponents.

MONDAY 11AM-12PM

WEDNESDAY 10.30AM-11.30

Contact

larissa@plymouthguild.org.uk for more information.

BOWLS

With our 8-rink carpet, bowls is a popular, fun activity for all ages and abilities to come and enjoy. Some sessions available include...

SCOPE BOWLS (profound disabilities)

TUESDAY 9.30AM-1.30PM

DISABILITY BOWLS

WEDNESDAY 9.30AM-11.30AM

SATURDAY 9.30AM-12PM

VISUALLY IMPAIRED (October-May only)

TUESDAY 9.30AM-1.30PM

FRIDAY 12PM-3.30PM

DISABILITY MULTI SPORTS

Try your hand at a number of different sports for all abilities taken by qualified coaches. The session is great for all abilities and involves everything from throwing and rolling to more organised games for all. For more information or what the sessions involves contact

Andrew@sportsway.org

FRIDAY 10.30AM-11.30AM

SHOOTABILITY

(Basketball)

Try our disability basketball club! This popular session will have you shooting for the stars.

Run by enthusiastic activators, with certificates and awards for achievements and attendance.

Prepare to be motivated.

THURSDAY 1PM-2PM

Plymouth Life Centre
Mayflower Drive,
Plymouth PL2 3DG
01752606900



everyone
ACTIVE

DISABILITY ACTIVITIES AT THE LIFE CENTRE

BOUNCEABILITY

This trampolining session is on deck level trampolines so it's easy to get on and started with our qualified coach who will make sure everyone gets the most out of the session no matter what their ability.

MONDAY 12.30PM-1.30PM

THURSDAY 12PM-1PM

IN THE POOL!

Pisces Swimming Club is always open to new members.

SUNDAY 11AM-1PM

To get involved contact the club at enquires@pisces-club.co.uk
Swimability is an operator led swimming session, for people with disabilities.

TUESDAY 1PM-2PM

Accessible changing facilities available on site and carers go free to all activities! For more information on disability sports, contact the Life Centre on 01752606900 or email janeyoung@everyoneactive.com.

MOVABILITY

TUESDAY 11.30 – 12.30PM

Session in the main hall, with access to trampolines (not deck level) air track and gymnastics equipment. Either work to your own ability or join in the fun and games organised by qualified coach. Open to all abilities, but please be aware some participants may need assistance to gain access to equipment.

WHEELCHAIR RUGBY

Get your adrenaline pumping for this high-octane, fast-moving sport. Sessions run by Westcountry Hawkes.

MONDAY 6PM-7PM

Don't miss out! Contact Chris at chris.cr1950@talktalk.net for more information.

WALKING TENNIS

It is a fun slow down version of tennis played with sponge balls. No previous tennis experience is necessary. The session is aimed at those people who are older, have dementia or early stage Parkinson's disease. It's run by a tennis coach who is Dementia Friend. A great way to stay active, meet new friends and have fun.

TUESDAY 12.30PM-1.30pm

Plymouth Life Centre
Mayflower Drive,
Plymouth PL2 3DG
01752606900



everyone
ACTIVE