



## Summer Training Session Dates

Sunday's 17 & 31 July 2022, 9:30am-10:30am

Sunday's 14 & 28 August 2022, 9:30am-10:30am

At Plymstock Albion Oaks Rugby Football Club,  
Horsham Playing Fields, Staddiscombe, Plymstock PL9 0DF

We are a Special Needs Non-Contact Inclusive rugby team for both boys and girls, aged from 5 upwards recognised by Devon Rugby Football Union (RFU) and with coaches who are DBS checked. These sessions are tailored to help develop hand-eye co-ordination, confidence building and social skills whilst showing that exercise can be fun. Parents are welcome to stay and join in.

Come and have a look at what we do, join in with our team members and have some fun and laughter.

For more information contact Julia on 07887 244472.

Visit our Facebook page at: <https://www.facebook.com/Oaks-Rugby-Inclusive-173351259895456>