

Mondays:

Wheels 4 All (Cycling) (16+)	10.00-11.00	County Ground Athletics Track	£3	SBC Ability Sports
Adult Salto! (Dance) (16+)	13.30-14.30	Swindon Dance	£3.75	Swindon Dance (01793 601700)
Ability Gym (16+)	13.00-15.00	Link Centre	£2.50	SBC Ability Sports
Football (16+)	13.30-14.30	PlayFootball, Kembrey Park	£2	Special Olympics

Tuesdays:

Inclusive Swimming (16+)	10.15-11.00	Link Centre	£2.50	SBC Ability Sports
Ability Ice Skating (All ages)	11.30-12.15 (Term Time) 12.00-12.45 (School Holidays)	Link Centre	£2.50	Link Centre (GLL BETTER)
Inclusive Bounce (All ages)	13.00-15.00	Link Centre	£2.50	
Inclusive Athletics (8+)	09.00-10.00 (School Holidays) 16.45-17.45	County Ground Athletics Track	FREE	Link Centre (GLL BETTER) Special Olympics
Clubbercise (13+)	19.35-20.25	Moonrakers Pub	£5	InclusFit

Parents to attend if under 16

Wednesdays:

Ability Climbing (16+)	10.30-12.30	Cricklade Leisure Centre	£2.50	SBC Ability Sports
Tennis (16+)	13.00-14.00	Delta Tennis Centre	£1.70	SBC Ability Sports
Ability Gym (16+)	13.00-15.00	Link Centre	£2.50	SBC Ability Sports
Inclusive Tennis (8-18)	17.00-18.00 (Term time only)	Delta Tennis Centre	£4.20	Delta Tennis Centre (GLL BETTER)

Thursdays:

Inclusive Athletics (16+)	09:15-10:15	County Ground Athletics Track	FREE	Special Olympics
Ability Trampolining (16+)	12.15-14.00	Haydon Centre	£2.50	SBC Ability Sports
Wheels 4 All (Cycling) (16+)	13.00-14.00	County Ground Athletics Track	£3	SBC Ability Sports
Boccia (All ages)	16.30-17.30	Dorcan Recreation Complex	£2	Special Olympics
Swindon Champions (16+)	18.30-20.00	Dorcan Recreation Complex	£1.50	Swindon Champions

Fridays:

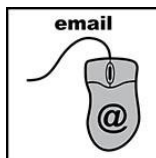
Inclusive Boxing (16+)	10.00-11.00	Scrappers Gym	FREE	Scrappers Gym
Cycle Drop In (16+)	10.00-12.00	County Ground Athletics Track	FREE	Ability Sports
Seated Exercise (12+)	13.00-14.00	Link Centre Studio 1	£2.50	Ability Sports
		Parents to attend if under 16		
Wheelchair Basketball (12+)	16.30-19.00	Youth First Centre, Oakfield	£5p/m	Swindon Shock Wheelchair Basketball Club
Swindon Vixens (Netball) (16+)	18:00-19:00	Dorcan Recreation Centre	FREE	Swindon Vixens Netball Club

Saturdays:

Indoor Bowls (All ages)	10.00-12.00	Swindon Manor Indoor Bowls (SN2 2QE)	Swindon Manor Indoor Bowls Club
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If you have any questions, here is how you can contact us:

Email: lbird@swindon.gov.uk (Lewis Bird)



Or our website: www.disabilitysportswindon.co.uk



Tel: 07976 909660



Check us out on Facebook: Disability Sport in Swindon



Swindon Vixens netball club is our new session this month! A fun, learning disability friendly club for ladies aged 16 +

