



Disability Sport Programme



DUMFRIES

DAY	CLUB	TIME	VENUE	INFORMATION	COST
Monday	Tennis	11am - 12noon	Dumfries Tennis Courts (April - October excluding the summer holidays)	All ages and abilities	£3.50
Tuesday	Walkfit	11am - 12noon	Crichton Grounds	All ages and abilities	FREE
Wednesday	Football	10am - 11am	Palmerston Indoor Arena	All ages and abilities	£2.50
	Boccia	11.30am - 12.30pm	DG1 Leisure Centre	All ages and abilities	£2.50
Thursday	Badminton	11.30am - 12.30pm	DG1 Leisure Centre	All ages and abilities	£2.50
Friday	Multi Sports	11.30am - 12.30pm	DG1 Leisure Centre	For adults over 16 years of all abilities	£2.50
Saturday	Table Tennis	9.30am - 10.30am	Dumfries Table Tennis Club	All ages and abilities	£2.50
Sunday	Swim Ability (recreational)	2pm - 3pm	DG1 Leisure Centre	All ages and abilities - Contact DG1 to book	£2.35

ANNAN

DAY	CLUB	TIME	VENUE	INFORMATION	COST
Monday	Multi Sports Club	5pm - 6pm	Annan Games Hall	All ages and abilities	£2.50
	Badminton	6pm - 7pm	Annan Games Hall	All ages and abilities	£2.50
	SFA Football Training	5.30pm - 7pm	Annan Athletic MUGA	Selected competition players	£.250
Tuesday	Swim Ability (recreational)	6.40pm - 7.25pm	Annan Swimming Pool	Recreation session – book at the Annan Swimming Pool 01461625025	£2.50
	Tennis	10am - 11am	Annan Seaforth Tennis Club (April - October excluding the summer holidays)	Learning Disability (All ages and abilities)	£3.50
		11am - 12noon		Physical Disability (All ages and abilities)	£5.00
Thursday	Football (recreational)	6pm - 7pm	Annan Games Hall	All ages and abilities	£2.50
Friday	Athletics	2pm - 3pm	Everholm Running Track	All ages and abilities	£2.50
Saturday	Walkfit (Multi sports if wet)	10am - 11am	Annan Games Hall	All ages and abilities	FREE
	Boccia Club	11am - 12.30pm	Annan Games Hall	All ages and abilities	£2.50
	Development Swimming	12.30pm - 1.30pm	Annan Swimming Pool	Invited swimmers from assessment	£2.50

For further details please contact Laura Vickers

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