

# Disability Sports

Archery • Bowls • Dance • Handcycling • Swimming and much more!



5-19 year  
olds may be  
eligible for help  
with transport

Enjoy a range of fully inclusive sports and exercise opportunities in a safe, structured and friendly environment. Our fun sessions are for people with ***sensory, learning or physical disabilities, long-term health or mental health conditions*** and those on the ***autism spectrum***.

**vivacity**

Peterborough  
Disability Sports

For more information or to book a place  
Phone: **Matt Taylor** on 01733 863 783 / 07984 633 154  
Email: [matt.taylor@vivacity-peterborough.com](mailto:matt.taylor@vivacity-peterborough.com)  
Visit: [vivacity-peterborough.com/disabilitysports](http://vivacity-peterborough.com/disabilitysports)

 Like us on Facebook /VivacitySports

 Follow us on Twitter @VCLDisSports

# Community timetable

## Monday

**Balance & Coordination and Stroke Rehab through exercise**  
Hampton Leisure Centre  
11am-12pm  
£2.50 per session

**Boccia Bowls Club**  
The Cresset, Studio 2  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday  
1pm-2.30pm  
£2.00 per session

**Multi-Sports Club**  
Bushfield Leisure Centre  
5pm-7pm  
£3.00 per session

## Tuesday

**Gym Taster Session**  
Bushfield Leisure Centre  
10.30am-12.30pm  
£2.00 per session

**Dance Class**  
Hampton Leisure Centre  
1pm-2pm  
£3.00 per session

## Wednesday

**PACS Handcycling**  
The Embankment Sports & Athletics Arena  
10.30am-11.30am  
£2.00 per session

**PACS Handcycling, Tandem & Tricycles**  
The Embankment Sports & Athletics Arena  
5pm-7pm  
£2.00 per session

## Thursday

**Cricket**  
Hampton Leisure Centre  
10.30am-12pm  
£2.00 per session

**Adapted Cycling**  
Ferry Meadows  
4pm-6pm (Apr-Sep)  
£2.00 per session

## Friday

**Archery**  
The Embankment Sports & Athletics Arena (Apr-Oct) and Focus Community Centre, Dogsthorpe (Nov-Mar)  
11am-12.30pm  
£3.00 per session

**Swimming**  
Jack Hunt Pool & Gym  
5pm-6.30pm: Lane swimming  
6.30pm-7.30pm: Swimming lesson  
7.30pm-9pm: General swim with 1 lane  
£2.00 per session

## Saturday

**FINS Swimming lessons**  
The Regional Fitness & Swimming Centre  
10am-10.30am & 10.30am-11am  
£50 for a 10 session block

**Boccia Bowls**  
Peterborough Indoor Bowls Club  
10am-12pm  
£2.00 per session

**Adapted Cycling**  
Ferry Meadows  
12.30pm-2.30pm (Apr-Sep)  
£2.00 per session

## Sunday

**Archery**  
Werrington Leisure Centre  
9.45am-10.45am  
£24 for a 6 session block

**Sharks Basketball**  
Hampton Leisure Centre  
11am-12pm  
£2.00 per session

All activities run throughout the year including school holidays

