



All 4 Sport

Multi sports and physical activity sessions for adults with additional needs

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Multi sports and physical activity sessions for adults with additional needs. Come and try a different activity each week.
Activities include:

- Table tennis
 - Badminton
 - Football
 - Basketball
 - New Age Kurling
 - Interactive gym / sports wall
 - Cricket
 - Rounders
 - Tennis
 - Boccia
 - Indoor golf
-and much more.

Friday evening sessions

June 5 onwards
7.30pm to 9.30pm

Saturday sessions

June 6 onwards
10.45am to 12pm - Physical Activity
12pm to 12.30pm - Tea and chat

Come and join in these fun sessions, make new friends, get fit and socialise.

Sessions cost £1.50 and the first session is **free**

Age: 16 years +

Venue: Loddon Valley Leisure Centre
Rushey Way, Lower Earley, RG6 4GD

For further information and to book your place please call the Sports Development Unit on (0118) 974 6265 or email: All4Sport@wokingham.gov.uk