



## ALL 4 SPORT

### Multi sports and physical activity sessions for adults with additional needs

Activities include:

- Tennis
- Table Tennis
- Basketball
- Boccia
- New Age Kurling
- Frisbee
- And much more....

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

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

Age: 18+

For further information and to book your place please call the Sports Development Unit on (0118) 974 3729 or email: [All4sport@wokingham.gov.uk](mailto:All4sport@wokingham.gov.uk)

» [www.wokingham.gov.uk](http://www.wokingham.gov.uk)



### New Schedule:

### Week Commencing 10<sup>th</sup> January 2011

Tuesdays: Boccia Group

11:30am – 12:30am

St. Crispins Leisure Centre

Fridays: Multi-sports group

7pm – 8pm

St. Crispins Leisure Centre

Saturdays: Multi-sport Group

10:30am – 12pm

Loddon Valley Leisure Centre