

Activities for adults

Academy Sport

Northumberland Avenue

Whitley

Reading

RG2 8DF

info@academysport.co.uk

0118 937 0270

Swimming sessions

Monday 13.30-15.00 through everybody active

Disabled **gym** sessions

Monday 13.00-14.30 through the Learning Disability Service

Trampolining sessions

Friday 13.00-15.00 through Sure Start

Carnival Pool

Wellington Road

Wokingham.

RG40 2AF

0118 977 0007

Aquacise

Tuesday 10.15-11.15 through ShinePlus (adam.godwin@wokingham.gov.org 0118 974 3729)

Aquacise

Thursday 10.15-11.15 through ShinePlus (adam.godwin@wokingham.gov.org 0118 974 3729)

Dinton Pastures

Dinton Pastures Country Park

Davis Street

Hurst

READING

RG10 0TH

Nordic Walking

10.00-11.30 through SHINEplus (adam.godwin @wokingham.gov.org or 0118 974 3249)

Loddon Valley Leisure Centre

Rushey Way
Earley
Reading
RG6 4GD
0118 931 2066

Line Dancing

Tuesday 10.45-11.45 through ShinePlus (adam.godwin@wokingham.gov.org 0118 974 3729)

Pilates

Wednesday 10.00-11.00 through ShinePlus (adam.godwin@wokingham.gov.org 0118 974 3729)

Boccia & Bowls

Thursday 14.00-16.00 through ShinePlus (adam.godwin@wokingham.gov.org 0118 974 3729)

Palmer Park Sports Stadium

Wokingham Road
Reading
RG6 1LF
0118 937 5080

Cycling

Wednesday 10.00-11.00 and 11.00-12.00

Pinewood Community Leisure Centre

Old Wokingham Road
Wokingham
Berkshire
RG40 3AQ

Trampolining

1 to 1 and group sessions available through Elaine Rushby
contact on 07711 280573 or elainerushby@hotmail.com

Rivermead Sports Centre

Richfield Avenue
Reading
Berkshire
RG1 8EQ
0118 901 5000

Swimming

Tuesday 14.30-15.30 Thursday 18.00-19.30 Sunday 18.30-20.00

Trampolining

1 to 1 and group sessions available through Spring Heels

contact Emma Bowen on 07938 890891

St. Crispins Sports Centre

London Road

Wokingham

Berkshire

RG40 1SR

Multi Sports

Tuesday 17.30-19.00 through SHINEplus (adam.godwin @wokingham.gov.org or 0118 974 3249)

Rebound Therapy

Thursday 11.00-12.30 through SHINEplus (adam.godwin @wokingham.gov.org or 0118 974 3249)

The Oakwood Centre

Headley Road

Reading

RG5 4JZ

0118 969 0356

Taster dance sessions for all

Two Left Feet 07962 811054 info@twoleftfeet.org

Wokingham Baptist Church

Milton Road

Wokingham

RG40 2AD

0118 978 7174

Stretch & Relax for carers

Tuesday 17.30-18.30 through SHINEplus (adam.godwin @wokingham.gov.org or 0118 974 3249)

These are some activities that could be suitable for those affected by Autism and other related conditions.
If you know of any others then please share that information with us so we can share it with others, thank you.

contact@asdfamilyhelp.org

INFORMATION SUPPLIED IS SUBJECT TO CHANGE AT ANY TIME.

ASD FAMILY HELP OR ANY OF ITS REPRESENTATIVES CANNOT BE HELD RESPONSIBLE.