

# SHOKK Gym Taster Day for young disabled people

>> Sorry No Adults Allowed

Tuesday 1st April  
10am – 12pm

Littleborough Sports Centre providing a taster morning for young disabled people to have a go with the fantastic gym system that is designed for young people

Loads of Machines  
Music  
Disco Lights

This event is **free** of Charge. Support workers and Trained provides will be present

For more details contact Graeme on 01706 926203



## Littleborough Sports Centre

Calderbrook Road, Littleborough, Lancs, OL15 9JQ | T: 0845 601 9103 | W: [link4life.org/littleborough](http://link4life.org/littleborough)

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610

