

Disability Sports Sessions in and around the Borough of Rochdale January – March 2009

SPECIAL OFFER Buy 5 sessions get 1 session FREE. £30 instead of £36

	Monday	Tuesday	Wednesday	Thursday	Saturday
AM	<p>Rebound (Trampolining) Rochdale Gateway 10-12.30 Cost £6 per session (See SPECIAL OFFER) 01706 515800</p> <p>Sports Session. Multi Sports Furrow Sports Centre, Middleton 10.30 – 11.45 Cost £1 01706 745120</p> <p>Aqua Aerobics STARTS Monday January 19th 10 - 12 £1.50 per session Support Enter Free 01706 926203</p>	<p>Climbing Session for Wheelchair Users Skylight Circus 10.30 – 12.30 Cost £5 01706 515800</p>	<p>Sports Session. Multi Sports Rochdale Gateway 10.30 – 11.30 Cost £1 01706 515800</p> <p>Asian Carers Activity Club - Guided Walks 10-12.30 01706 515800 Zahida Cost £1</p>	<p>Climb Session (AB) Climb UK 10.30 – 12.30 £6 per session (See SPECIAL OFFER) 01706 515800</p> <p>Sports Session. Multi Sports Heywood Sports Complex, Heywood 10 - 12 Cost £1.50 01706 745120</p>	<p>Sports Session Multi Sports Springhill Sports Centre Cost £3 01706 346080</p>
PM	<p>Rebound (Trampolining) Rochdale Gateway 1.30 – 3.00 Cost: £6 per session (See SPECIAL OFFER) 01706 515800</p> <p>Climbing Session for Wheelchair Users Climb UK 1.30 – 3.00 Cost £6 per session (See SPECIAL OFFER) 01706 515800</p>	<p>Accessible Walks for Wheelchair Users 1.30 – 3.00 Cost: £6 per session (See SPECIAL OFFER) 01706 515800</p>		<p>New Street Dance The Academy 1.30-3.00 Cost £6 per session (See SPECIAL OFFER) 01706 640084 Laura</p>	
Evening	<p>Rebound (Trampolining) Rochdale Gateway 4.45 – 6.00 Contact 01706 515800 Edi</p>			<p>Athletics with Rochdale Harriers Springhill Athletics Track 6-7 Cost £1 01706 745120</p>	

This flyer is provided by Link4life and Rochdale Borough Disability Sports and Leisure Forum. Activities are provided by independent services and may not necessary reflect practices of Link4life or RBDSLFL.



**For more information please visit
www.rbdslf.org.uk or phone Graeme
on 01706 926203**