

Sports and Physical Activity Opportunities for Disabled People 2009

Sailing and Canoeing opportunities

Water Sports Taster Day Friday June 12th 2009 10 - 3 including official opening day of access hoist all based at Hollingworth Lake Water Activity Centre 10706 370499

Sailing		Canoeing	
All Tuesdays		All Tuesdays	
7 th July	1-3pm	7 th July	10 - 12pm
14 th July	1-3pm	14 th July	10 - 12pm
21 st July	1-3pm	21 st July	10 - 12pm
28 th July	10 - 12pm	28 th July	1-3pm
4 th August	10 - 12pm	4 th August	1-3pm
11 th August	10 - 12pm	11 th August	1-3pm
18 th August	10 - 12pm	18 th August	1-3pm
26 th August	10 - 12pm	26 th August	1-3pm

Cycling Opportunities

Springhill Sports Centre, Turf Hill, Rochdale. Contact Graeme on 01706 926203 or 07976059536 for more information

Cycling	
All Thursdays	
Thursday 28 th May	10 - 3pm
30 th July	10 - 3pm
6 th August	10 - 3pm
13 th August	10 - 3pm
20 th August	10 - 3pm
27 th August	10 - 3pm
3 rd September	10 - 3pm
29 th October	10 - 3pm

This is a fantastic opportunity to have a go at these sports with lots of professional support on hand providing advice in coaching.

All activities cost £2 per person except for the watersports taster on the 12th June which is FREE

Graeme Hill, Disability Sports Officer can be contacted on 01706 926203 or 07976059536