

Disability Sports programme over the Summer Holidays

Weekly sessions

Sedgefield Sportsability Club	Spennymoor Leisure Centre	Monday	5.00 – 6.30pm	5 – 16 years
Open Swim Session	Newton Aycliffe Leisure Centre	Monday	5.00 – 6.00pm	All ages
Football Coaching By Ferryhill Junior Youth FC	Dean Bank Recreation Ground, Ferryhill	Tuesday	6.30 – 7.30pm	5 – 16 years
Athletics Coaching By Shildon Running and Athletic Club	Stadium 2000, Shildon Sunnydale Leisure Centre	Wednesday	7.00 – 8.00pm	8 – 16 years

*Small charge may apply to weekly activities

Summer Holiday Sessions - FREE

Sportsability Club	Spennymoor Leisure Centre	Every Friday	1.00 – 2.30pm	5 – 16 years
Athletics Camp	Stadium 2000 Shildon Sunnydale Leisure Centre	Monday 3 – Wednesday 5 August	10.00 – 11.30am	8 – 16 years
Football Camp	Ferryhill Leisure Centre	Monday 24 – Wednesday 26 August	1.00 – 2.30pm	5 – 16 years
Gymnastics	South Durham Gymnastics Club Spennymoor Leisure Centre	Tuesday 4 August Tuesday 11 August	2.30 – 3.30pm	5 – 16 years

There is a wide programme of sports for young people and adults with disabilities which happen every week.

For more information on these programmes or to book a place on the summer holiday sessions please contact Suzanne Richardson on 01388 816166 ext 4512
