



Wednesday 10th June 2015

For anyone 16+ with a Learning Disability.

From  11:30 until  3:00

At The Peter May Sports Centre

135 Wadham Road, London E17 4HR Tel ☎ : 020 8531 9358



Arrive and sign in from



FREE This event is free **FREE**

Bring your own food (snacks/ drinks available to buy)

A personal care changing room will be available all day (sorry- NO hoist)

All day “drop in and try” activities 11.30 until 3.00



Short tennis



Badminton



Boccia, Kurling & Target Ball



Athletics



Short mat bowls



Wheelchair basketball



Sitting volleyball



All day “book first” activities from 11.30 until 3.00



Football/Cricket (*Book teams in advance*) Players must be ready to play at any time throughout the day



Multi-Gym (*Book a session on the day*)

Other activities



Tai Chi
12.00 – 13.00



Aerobics/ keep fit



Zumba



212 or W16 from Wood Street Library to Garner Road North Arm (plus 5 minute walk to centre)
34, 58 or W11 to Crooked Billet roundabout (plus 10 minute walk to centre)
275 or 675 to Southend Road stop (plus 10 minute walk to centre)

Call this number for an event update if the weather on the day is poor ☎ **07471202362**