

**FULLY INCLUSIVE**

# ACTIVITY PROGRAMME FOR PEOPLE WITH DISABILITIES

**Free taster session**

Would you like to take part in a range of fun activities in a safe environment?

Activities include:

- Fully equipped gym
- Specialist equipment
- Fully trained staff
- DBS & Safeguarding checked
- £5 per session

**trampolining**   **balls, hoops & ribbons**   **Gymnastics**

**Games**   **parachute games**

**dance**

**WHEN: WEDNESDAYS 1.30-3.00pm**

**WHERE: ALLEGRO GYMNASTICS ACADEMY, SOUTH PARK INDUSTRIAL ESTATE**

**Starting: Wednesday 12<sup>th</sup> February**

Call 07548313745 for more information, or just come along

**Come and get active at Allegro**