

# **Disability Sportslink Programme**

**September 2010  
Adult and Junior Programme**

## **MONDAYS**

### **Cascades L.C.**

- 10am -6pm Sportslink gym instructor available in Outline Fitness Suite at Cascades Leisure Centre 16yrs + only.

## **TUESDAYS**

### **Cascades L.C.**

- 8am 9am free disability swim session at Cascades Leisure Centre.
- 11am -7pm Sportslink gym instructor available in Outline Fitness Suite at Cascades Leisure Centre 16yrs + only.

### **Cygnets L.C.**

- 5.30pm – 6.30pm “What About Us?” Panathlon style club for children of all ages with a disability. (term time only)
- 7.30pm – 9.30pm Gravesham Fencing Club. Wheelchair fencing for adults and juniors, contact; John Anderson 01474 705323

## **WEDNESDAYS**

### **Cascades L.C.**

- 10am – 6pm Sportslink gym instructor available in Outline Fitness Suite at Cascades Leisure Centre 16yrs + only.

## **THURSDAYS**

### **Cascades L.C.**

- 11am – 7pm Sportslink gym instructor available in Outline Fitness Suite at Cascades Leisure Centre 16yrs + only.
- 5pm - 7pm Thursday Club for adults with a learning disability. Multi activity session including; swim, health suite, Outline fitness suite, Tae Kwon Do and multi sports.

### **Swanscombe L.C.**

- 5pm – 6pm “What About Us?” Junior multi sports club inc. football, cricket, Goalball, badminton, trampolining and basketball. (term time only)

## FRIDAYS

## SATURDAYS

### **Cygnets L.C.**

- 5pm – 6pm Competitive style swim training for disabled swimmers aged between 9yrs and 50+.

### **Cascades L.C.**

- 6pm – 7pm Free disability swim session at Cascades Leisure Centre.

### **Other Local Activities/ Clubs which Sportslink has links with.**

Gravesend Archers

Adults and juniors

Contact via website only; [www.gravesend-archers.co.uk](http://www.gravesend-archers.co.uk)

Kent Disability Swim Squad

Adults and juniors over 9yrs

Contact; Mike Bishop 01732 525389

Northfleet Youth Centre

Under 25's multi sport/ activity sessions

Wednesday 7-9pm

Contact; Nigel Crocker 01474 351451

Real Gima F.C.

Pan disability football team

Contact via website [www.realgima.co.uk](http://www.realgima.co.uk)

Swanscombe Tigers F.C.

Pan disability football team

Contact via website [www.swanscombetigers.com](http://www.swanscombetigers.com)

**For any other queries regarding Disability Sportslink please contact Sonya Sims on 01474 536254 or email [Sonya.sims@gcll.co.uk](mailto:Sonya.sims@gcll.co.uk)**