



Get Out Get Active

For individuals of all ages with a physical, sensory or learning disability.

Encouraging family, friends and carers to get involved too!

A great way to make friends, develop new skills and stay active

Walking



Cycling

Swimming



Sports Club Opportunities



Get Out Get Active

Descriptor & Timetable Issue 1. 2017

Walking

FREE weekly and monthly walking opportunities that are also wheel chair & walking-aid friendly.

Falkirk

Friday 25th August- Polmont Canal (meet behind Polmont bowling club)

Wednesday 27th September- The Helix Park (meet outside Falkirk Stadium main entrance)

Friday 27th October- Bonnybridge (meet outside Royal Hotel)

Stirling

Every Friday- Riverbank Centre, Stirling- meet in Cafe at 1pm

Clackmannanshire

Every Tuesday- The Whins Centre, Alloa at 10.30am



Cycling

FREE weekly solo bike sessions exploring The Helix Park in Falkirk. Solo and adaptive bikes available, helmets provided on the day.



Every Monday- 3-4pm at Dawson Bike Club, Bankside Industrial Estate

Swimming

FREE swim fun sessions for individuals, families and carers to have fun and build confidence in the pool! Opportunities for participants to 'Learn to Swim' if they wish.



Sundays: 24th Sept, 15th Oct, 26th Nov, 18th Feb 2018, 18th March, 15th April, 20th May

Stirling University Swimming Pool:

10-10.45am **Girls/ Women Only Fun Session**

10.45-11.30am **Mixed Fun Session**

11.30am-12pm **Learn to Swim Session for All**

Sports Clubs

Forth Valley Disability Sport has various sports clubs such as Athletics, Boccia, Swimming, Wheel Chair Curling, Wheel Chair Tennis and Wheel Chair Basketball. Small cost attached. Please contact for more information.

Please visit www.fvds.org.uk or our Facebook page for news articles & updates. To book/show your interest or for more information please contact

GOGA Lead Officer Eva Finlayson at www.goga@fvds.org.uk / 01786 466486