

DUMFRIES AND GALLOWAY

● **Disability Sport**

Disability Sports Clubs in **Nithsdale**



Football

**Palmerston Indoor Arena,
Dumfries**

Wednesday's 10am - 11am

£2 per session

Weekly football coaching for adults with a disability, all abilities welcome to come along and join in.

Table Tennis

Loreburn Hall, Dumfries

Fridays 11am - 12pm

£2 per Session

Weekly Table Tennis session for adults with a disability, all abilities welcome to come along and join in.

Wheelchair Track Athletics

David Keswick Athletic Centre

Fridays 6.45pm - 8.30pm

Contact Russell Watson 01576 470633 for further information.

Weekly Activity Club

Loreburn Hall, Dumfries

Fridays 4.30pm - 5.30pm

£2 Per Session

For adults and children of all ages and abilities to come along, have some fun and try some new and exciting activities.

Splash Club

Temporary Pool, Dumfries Ice Bowl

Every 2nd Sunday 4pm - 5pm

Fortnightly swimming session for adults and children with a disability.



For further information please contact:

Laura Vickers on 01461 207028

or email laura.vickers@dumgal.gov.uk

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Disability Sport

Disability Sports Clubs in **Nithsdale**



Saturday Sports Club

Loreburn Hall, Dumfries

10.30am - 12pm £2 per Session

For adults and children of all ages and abilities to come and try multi sports including Badminton, Table Tennis, Tennis, Boccia. Please note the first Saturday of the month will also run as a Multi Sport Club.

March 3, 17 - Racket Sports

April 7, 21 - Racket Sports
14, 28 - Boccia

May 5, 19 - Racket Sports
12, 26, - Boccia

June 2, 16 - Racket Sports
9, 23 - Boccia

July 7, 21 - Racket Sports
14, 28 - Boccia

August 4, 18 - Racket Sports
11, 25 - Boccia

September 1, 15 - Racket Sports
8, 22 - Boccia

October 6, 20 - Racket Sports
13, 27 - Boccia

November 3, 17 - Racket Sports
10, 24 - Boccia

December 1 - Racket Sports
8 - Boccia



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