

# Get Out Get Active

We support people of all ages to become active within the Forth Valley area, meet new people and encourage disabled and non-disabled individuals to be active together. All abilities welcome. No experience or fitness required



## Volunteer Opportunities

Please contact GOGA Lead Officer Eva Finlayson at  
[goga@fvds.org.uk](mailto:goga@fvds.org.uk) / 01786 466486

## Descriptor & Timetable Issue 2. 2018

We encourage family, friends and carers to join in too!

### Walking

FREE. All abilities welcome. A great start to become active and meet new people.

#### Falkirk

Friday 23<sup>rd</sup> Feb, Friday 23<sup>rd</sup> March, Friday 27<sup>th</sup> April- Forth Valley Sensory Centre at 1.30pm  
(open to everyone within the community)

#### Stirling

Every Friday- Riverbank Centre, Stirling at 1pm  
(open to everyone within the community)



#### Clackmannanshire

Every Tuesday- The Whins Centre, Alloa at 10.30am  
(open to everyone within the community)



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### Gym & Spin

Fun indoor gym and spin sessions to build fitness and meet new people. All abilities welcome.

Every Monday- Falkirk Stadium at 3-4pm £2.50pp

### Cycling

Our every own adaptive and solo cycles are launching in April. Keep an eye out for full details in our spring timetable!



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### Swimming

FREE fun swim sessions for individuals to build confidence in the pool, with 'Learn to Swim' opportunities also. All abilities welcome.

Sundays: 18<sup>th</sup> Feb 2018, 18<sup>th</sup> March, 15<sup>th</sup> April, 20<sup>th</sup> 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 |



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### Club Opportunities

Forth Valley Disability Sport has various sports clubs such as Athletics, Boccia, Swimming, Wheel Chair Curling, Wheel Chair Tennis and Wheel Chair Basketball. Everyone welcome!

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To book/ show your interest or for more information please contact  
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