

7 Free sport sessions

Date: Sundays 2nd of March — 13th April

Time: U16 1-2 pm Adults 2-3pm

Venue— Leisure World Colchester

Cost— FREE



All abilities and ages welcome

**Why not become more active
and try new sports?**

Sports we provide:

- Boccia
- Sitting Volleyball
- Football
- New age Curling
- Goal Ball
- Plus many more mainstream sports



To Guarantee your place please book online @
www.disability4sport.co.uk or call us
on 01206 619631