


Vivacity's disability sports timetable

Enjoy a range of fully inclusive sports and exercise opportunities in a safe, structured and friendly environment. Our fun sessions are for people with sensory, learning or physical disabilities, long-term health or mental health conditions and those on the autism spectrum.

Monday	Tuesday	Wednesday	Thursday
<p>Balance, co-ordination & stroke rehab class Hampton Leisure Centre 11am-12pm £2.50 per session</p>	<p>Dance class Hampton Leisure Centre 1pm-2pm £3.00 per session</p>	<p>PACS hand cycling, tandem & tricycles Athletics track 10.30am-11.30am 5pm-7pm £3.00 per session</p>	<p>Adapted cycling Ferry Meadows 11am-1pm 10am-3pm Apr-Sep school holidays £3.00 per session</p>
<p>Multi-sports class Athletics track 5.30pm-7pm £3.00 per session</p>			<p>Rebound therapy Phoenix Upper School 4pm-6pm Term times only £3.00 per session</p>
<p>Table cricket Selected dates between Oct - Mar / See website for more information</p>			<p>Sensory pool class Regional Fitness & Swimming Centre 7pm-8pm £2.50 per session</p>

All activities run throughout the year including school holidays unless otherwise stated. If the person taking part is aged between 5-19 they may be eligible for help with transport to and from the sessions.

Visit vivacity.org/disabilitysports | Text 07984 633 154

Did you know?

We also offer a range of accessible facilities at the Key Theatre.

Wheelchair seats in the auditorium

An elevator from the box office to the auditorium

Wheelchair accessible serving area

A selection of audio described performances

For more information call 01733 207 239



Friday

Archery class

Athletics track
Apr-Sep
Focus Community Centre Dogsthorpe
Oct-Mar
11am-12.30pm
£3.00 per session

Fins swimming lessons

Regional Fitness & Swimming Centre
7pm-8pm
£26.00 Direct Debit

Sensory pool class

Regional Fitness & Swimming Centre
8pm-9pm
£2.50 per session

Saturday

Boccia bowls

Peterborough Indoor Bowls Club
10am-12pm
£3.00 per session

Fins swimming lessons

Jack Hunt pool & gym
2pm-4pm
£26.00 Direct Debit

Sunday

Sharks basketball

Hampton Leisure Centre
11am-12pm
£3.00 per session



"I've seen lives changed with these activities. One girl could only do one lap to start with but now she can do 25"

Stuart Maloney
(Adapted cycling volunteer)

