



Online (Zoom) Delivery Timetable



Let's stay active during lockdown!

Session	Description	Audience	Time	Cost
Online & Active (primary)	An online physical activity session	Children aged 5–11 years old	Tuesdays 4.00-4.45pm	£3.00 per session x 6 = £18 for 6 weeks
Online & Active (secondary)	An online physical activity session	Children aged 12–18 years old	Tuesdays 5.00-5.45pm	£3.00 per session x 6 = £18 for 6 weeks
Wheelchair Workout	A chair based online physical activity session	Children aged 5–16 years old (limited mobility)	Wednesdays 4.00-4.45pm	£3.00 per session x 6 = £18 for 6 weeks
Inclusive Yoga	An online yoga session for children	Children aged 5–16 years old	Wednesdays 5.00-5.30pm	£3.00 per session x 6 = £18 for 6 weeks
Fitness & Friends	An online physical activity session for adults with learning disabilities	Adults with a learning disability	Mondays & Tuesdays 11.00-11.45am	FREE
Inclusive Yoga	An online yoga session for adults with learning disabilities	Adults with a learning disability	Fridays 11.00-11.30am	FREE

These sessions are possible thanks to funding from...

Booking Info:



For children: www.inclusive-sport.class4kids.co.uk

For adults : info@inclusivesport.net