



# Online (Zoom) Delivery Timetable



Session	Description	Audience	Day & Time	Cost
Online & Active (Primary)	An online physical activity session	Children aged 5–11 years old	Tuesday 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	Tuesday 5.00-5.45pm	£3.00 per session x 6 = £18 for 6 weeks
Inclusive Yoga	An online yoga session for children	Children aged 5–16 years old	Wednesday 5.00-5.30pm	£3.00 per session x 6 = £18 for 6 weeks
Fitness & Friends	An online physical activity session for people with a learning disability	People (16+) with a learning disability	Monday & Tuesday 11.00-11.45am	FREE
Fun with Friends <b>New</b>	An online social session for people with a learning disability	People (16+) with a learning disability	Wednesday 11.00-11.30am	FREE
Ace It <b>New</b>	An online tennis session for people with a learning disability	People (16+) with a learning disability	Thursday 10.00-10.45am	FREE
Inclusive Yoga	An online yoga session for people with a learning disability	People (16+) with a learning disability	Friday 11.00-11.30am	FREE

To book visit: [www.inclusivesport.net/book-online/](http://www.inclusivesport.net/book-online/) OR email [info@inclusivesport.net](mailto:info@inclusivesport.net)



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND

