

**Inspiring healthy lifestyles run a series of regular sports sessions for children and young people with a learning, physical or sensory impairment and those with autistic spectrum conditions**

| Activity               | Date                     | Times              | Ages      | Venue     | Cost | Session Suitable For                                       |
|------------------------|--------------------------|--------------------|-----------|-----------|------|--|
| Multi Sports           | Mondays<br>(Term Time)   | 6pm –<br>7:30pm    | 5-16      | RPISC     | £3   | All Children and Young People with a Disability            |
| Rebound Therapy        | Mondays<br>(Term Time)   | 5pm –<br>6pm       | 5-19      | AGA       | £2   | All Children and Young People with a Disability            |
|                        |                          | 6pm –<br>7pm       |           |           | £2   |  |
| Rebound Plus           | Tuesdays<br>(Term Time)  | 5:30pm –<br>6:30pm | 5-19      | Lowton HS | £2   | Those identified through Rebound Therapy                   |
| Rebound Therapy        | Tuesdays<br>(Term Time)  | 6:30pm –<br>7:30pm | 5+        | Lowton HS | £2   | All individuals with a Disability (no hoist)               |
| Wheels for All         | Wednesday<br>(Term Time) | 5:pm –<br>6pm      | 5-19      | RPA       | £2   | All Children and Young People with a Disability            |
| Rebound Therapy        | Wednesday<br>(Term Time) | 5pm –<br>6pm       | 5-19      | LISC      | £2   | All Children and Young People with a Disability            |
| Dance and Cheerleading | Wednesday<br>(Term Time) | 6pm –<br>7pm       | 5-19      | RPA       | £2   | All Children and Young People with a Disability            |
| Rebound Therapy        | Thursdays<br>(Term Time) | 5:00pm –<br>6:00pm | 5-19      | LLC       | £2   | All Children and Young People with a Disability            |
|                        |                          | 6:00pm –<br>7:00pm |           |           | £2   |  |
| Rebound Therapy        | Fridays<br>(Term Time)   | 5pm –<br>6pm       | 5 –<br>19 | Lowton HS | £2   | All Children and Young People with a Disability (no hoist) |

RPISC – Robin Park Indoor Sports Centre

RPA – Robin Park Arena

AGA – Abraham Guest Academy

LLC – Leigh Indoor Sports Centre

**Booking is required so please contact Inspiring healthy lifestyles on 01942 488481 or email [activeinclusive@wlct.org](mailto:activeinclusive@wlct.org)**