

Summer 2017

Inspiring healthy lifestyles are running a series of activity sessions delivered by qualified, experienced staff. Sessions offer those aged 5-19 years the chance to meet new people and have fun in a safe environment.

Dance and Cheerleading – sessions deliver dance, cheerleading and movement to music activities to allow young people to express their creativity. Open to any young person with any physical, sensory or learning difficulties and individuals with autism.

Rebound Therapy – 1-1 sessions on a trampoline to develop social and communication skills as well as core stability, balance and general fitness. Open to any young person with any physical, sensory or learning difficulties and individuals with autism (hoists are available at some sites if required).

Wheels for All – Adapted cycling sessions using a range of bikes and trikes (provided). Open to any young person with any physical, sensory or learning difficulties and individuals with autism.

Sessions are payable on the day, if you book a place and fail to attend you will still be expected to pay.

Places are limited so please call Inspiring healthy lifestyles on 01942 488481 or email activeinclusive@wlct.org to book your place.

Date	Session	Time	Cost	Venue	Other Info
Monday 24 th , 31 st July 7 th , 14 th , 21 st August	Rebound Therapy	10am – 11am	£2 per hour	Lowton High School	No hoist available
		11am – 12noon			
		12:30pm – 1:30pm			
		1:30pm – 2:30pm			
		2:30pm – 3:30pm			
Tuesday 25 th July 1 st , 8 th , 15 th , 22 nd , 29 th August	Dance	10am – 12pm	£2 per hour	Robin Park Olympic Suite	
Wednesday 26 th July 2 nd , 9 th , 16 th , 23 rd , 30 th August	Rebound Therapy	10am – 11am	£2 per hour	Abraham Guest Academy	Hoist available if required
		11am – 12noon			
		12:30pm – 1:30pm			
		1:30pm – 2:30pm			
		2:30pm – 3:30pm			
Thursday 27 th July 3 rd , 10 th , 17 th , 24 th , 31 st August	Rebound Therapy	10am – 11am	£2 per hour	Leigh Indoor Sports Centre	Hoist available if required
		11am – 12noon			
		12:30pm – 1:30pm			
		1:30pm – 2:30pm			
		2:30pm – 3:30pm			
Friday 28 th July, 11 th and 25 th Aug	Wheels for all	10am – 12noon (hour slots available)	£2 per hour	Robin Park Arena	Outdoor session
4 th , 18 th Aug and 1 st Sept				Leigh Harriers	

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