

# DISABILITY ACTIVITIES AT THE LIFE CENTRE

## DANCE

**Wheelfever** is a creative and playful dance session for disabled children and young people.

**SATURDAY 1PM - 4PM**

If you want to dance the afternoon away, contact paula.hocking@sky.com

.....  
Alternatively **Movement to Music** is aimed at the frail or infirm getting them involved in movement.

**WEDNESDAY 1.30PM - 3PM**

Contact 01822 615034 (afternoon only) for more information.

## NEURO PHYSICAL

Specialised 6 week courses for stroke survivors and individuals with spinal cord injury, brain injury, MS, Parkinson's disease and other neurological conditions. To find out when the next course is and book your space contact info@plymouthneurophysio.com

**TUESDAY 2PM**

## WHEELCHAIR RUGBY

Get your adrenaline pumping for this high-octane, fast-moving sport. Sessions run by Westcountry Hawkes.

**MONDAY 6PM - 7PM**

Don't miss out, contact Chris at chris.cr1950@talktalk.net for more information.

## BOUNCABILITY

This trampolining session is on deck level trampolines so it's easy to get on and started with our qualified coach who will make sure everyone gets the most out of the session no matter what their ability.

**MONDAY 12PM - 1PM**

**THURSDAY 12PM - 1PM**

## IN THE POOL!

**Pisces Swimming Club** is always open to new members.

**SUNDAY 11AM - 1PM**

To get involved contact them at enquires@pisces-club.co.uk

.....  
**Swimability** is an operator led swimming session, for people with disabilities.

**TUESDAY 1PM - 2PM**

Accessible changing facilities available on site and carers go free to all activities! For more information, contact the Life Centre on 01752 606900 or email louisechaves@everyoneactive.com for more information on disability sports.

**30 mins activity**  
**5 days a week**

**BOOK TODAY!**

**Plymouth Life Centre**

Mayflower Drive,

Plymouth PL2 3DG

**01752 606900**

**WWW.EVERYONEACTIVE.COM**



Everyone Active manages this facility in partnership with Plymouth City Council.

**everyone ACTIVE**

**Feel better for it**

# DISABILITY ACTIVITIES AT THE LIFE CENTRE

## BOCCIA

Boccia is a fun, strategic, easy to play sport for all to enjoy. Play as a team to beat the opponents.

**MONDAY 11AM - 12PM**

**WEDNESDAY 10.30AM - 11.30AM**

Contact [larissa@plymouthguild.org.uk](mailto:larissa@plymouthguild.org.uk) for more information.

## BOWLS

With our 8-rink carpet, bowls is a popular, fun activity for all ages and abilities to come and enjoy. Some sessions available include...

**SCOPE BOWLS (profound disabilities)**

**TUESDAY 9.30AM - 1.30PM**

**DISABILITY BOWLS**

**WEDNESDAY 9.30AM - 11.30AM**

**SATURDAY 9.30AM - 1.30PM**

**VISUALLY IMPAIRED (October - May only)**

**TUESDAY 9.30AM - 11.30AM**

**FRIDAY 11.30AM - 1.30PM**

## DISABILITY MULTI SPORTS

Try your hand a number of different sports for all abilities taken by qualified coaches.

**FRIDAY 10AM - 12PM**

## GENTLE YOGA

Open to all levels and experience this class is open to adults with or without disabilities and people with limited movement and works on strength, flexibility, fitness and relaxation.

**FRIDAY 1.30-2.30PM**

## MOVEABILITY

A session in the gymnastics hall focusing on inclusion games looking at developing team work and participation. These games are also aimed at developing sensory and spatial awareness. Coach led activities will take place within the session for those that wish to join in.

**TUESDAYS 11.30AM**

Accessible changing facilities available on site and carers go free to all activities! For more information, contact the Life Centre on 01752 606900 or email [louisechaves@everyoneactive.com](mailto:louisechaves@everyoneactive.com) for more information on disability sports.

## SHOOTABILITY

Try our disability basketball club! This popular session will have you shooting for the stars.

**THURSDAY 1PM - 2PM**

**Plymouth Life Centre**

Mayflower Drive,

Plymouth PL2 3DG

**01752 606900**

**WWW.EVERYONEACTIVE.COM**



Everyone Active manages  
this facility in partnership with  
Plymouth City Council.

**everyone**  
**ACTIVE**

**Feel better for it**