

Do you

Enjoy meeting people?

Like to try new things?

Want to keep fit?

Want to develop new
sports skills?

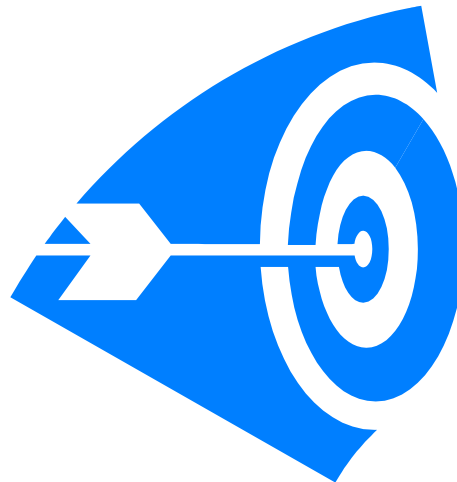
Or practice existing ones?

Want to have some fun?

Then read on.....

For further information
please visit our website
www.disc-northants.org
or email
enquiry@disc-northants.org

Alternatively you can
contact Colin Hull,
Sports Development Officer, on
01327 322337 or email
colin.hull@southnorthants.gov.uk



A sports club for
people with a disability
or special needs



DISC is open to....

- All children and adults with special needs and their families.

(NB Carers are required to stay)

- All abilities
- Families and siblings welcome



WHERE?

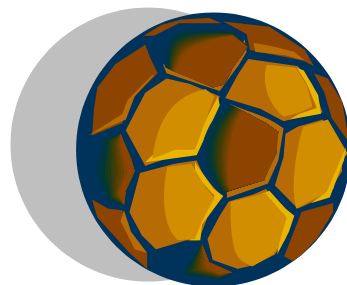
Towcester Centre for Leisure

WHEN?

The first and third Sunday
of each month
3.00pm to 5.00pm

PRICE?

There is a small sessional charge for members and a family rate to cover costs.



Programme

The usual pattern for sessions is:

3pm-4pm
Sports Hall

4pm-5pm
Swimming

(Exclusive club use of both pools)

After securing external funding we now offer members swimming tuition within our normal swimming session. Our Swimming Coach will help members learn to swim or improve their swimming technique in a fun and enjoyable environment.

Typical activities:

Archery

Football

Cricket

Dance

Multi-skills