

DISABILITY OPEN DAY – CELEBRATE 200 DAYS TO GO UNTIL THE GAMES

12 FEBRUARY 2012, 9.00AM-3.00PM

**Free inclusive open day for disabled people of
all ages and abilities, their family and carers**

**Free
disability pay
& play
memberships
on offer!**

INCLUSIVE SPORT & ACTIVITY FOR EVERYONE INCLUDING FREE TASTER SESSIONS IN:

- Swimming*
- Dance
- Boccia
- Football
- Trampoline**
- Arts and crafts
- Gym Inductions***

FACILITIES FULLY INCLUSIVE & ACCESSIBLE

Free arm, scalp and shoulder massages available from 11.00am-2.00pm at spa LONDON

Proof of disability must be provided in order to participate.

*We must ask that carers accompany individuals into the pool.

**Restrictions will apply to trampolining (suitable clothing, certain disabilities/medical conditions unable to participate).

***Gym inductions will be for 16yrs + only, must be booked in advance (induction lasts 30 minutes).

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East Street
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