



Get Out Get Active

For individuals of all ages with a physical, sensory or learning disability.

A great way to make friends, develop new skills and encourage disabled and non-disabled individuals to be active together

Walking



Fitness *Cycling*



Swimming

Sports Club Opportunities



Descriptor & Timetable Issue 1. 2018

Walking

FREE weekly walking opportunities that are also wheel chair & walking-aid friendly

Falkirk

**** COMING SOON ****

Stirling

Every Friday- Riverbank Centre, Stirling at 1pm
(open to everyone within the community)

Clackmannanshire

Every Tuesday- The Whins Centre, Alloa at 10.30am
(open to everyone within the community)



Gym & Spin

Fun indoor gym and spin sessions to build fitness and make new friends. We encourage family, friends and carers to join in too!

Every Monday- Falkirk Stadium at 3-4pm £2.50pp



Cycling

Our every own adaptive and solo cycles are launching in April. Keep an eye out for full details in our spring timetable!

Swimming

FREE fun swim sessions for individuals, family, friends and carers to have fun and build confidence in the pool, with 'Learn to Swim' opportunities also.

Sundays: 18th Feb 2018, 18th March, 15th April, 20th May

Stirling University Swimming Pool:

10-10.45am	Girls/ Women Only Fun Session
10.45-11.30am	Mixed Fun Session
11.30am-12pm	Learn to Swim Session for All



Sports Clubs

Forth Valley Disability Sport has various sports clubs such as Athletics, Boccia, Swimming, Wheel Chair Curling, Wheel Chair Tennis and Wheel Chair Basketball. Everyone welcome!

To book/ show your interest or for more information please contact
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