**Everybody Active Sessions Autumn/Winter 2016**

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| **Boccia**  **Wednesdays**  **18:30 – 19:30**  **Westburn Lounge, Westburn Park, Westburn Road, Aberdeen, AB15 9TP**  **£2.55 per session** | **Stable & Able**  **Fridays**  **11:00 – 12:00**  **Westburn Lounge, Westburn Park, Westburn Road, Aberdeen, AB15 9TP**  **£2.55 per session** | **Football**  **Fridays**  **13:30 – 15:00**  **Sheddocksley Sports Centre, Springhill Road, Aberdeen, AB16 6QJ**  **£2.55 per session** |
| [Right on Target Boccia Championships](http://www.scottishdisabilitysport.com/sds/cache/file/94E89EF9-C2ED-4D56-8E83D8C4C05292CD.jpg) | Image result for wheelchair user exercising | https://scproxy-prod.adobecc.com/api?X-Location=https%3A%2F%2Fcc-eu1-prod.adobesc.com%2Fapi%2Fv1%2Fassets%2Fb978c7ac-5f07-4bb1-bc03-28b1f5111c59%2Frenditions%2Fjpg%2F1200?page%3D7&v=1430302341601&link=d6244a9d-1931-4318-5d38-c428d0729186 |
| **These fun boccia sessions are open to beginners and more experienced players.**  **Boccia is a seated sport where the aim of the game is to get your balls as close to the jack ball as possible.**  **Full of fun, skill, tactic and teamwork it’s ideal for everyone.**  **Sessions run during school term time only.** | **These classes are aimed at participants with a physical disability which effects strength, co-ordination & balance. Classes include sitting, and where possible standing exercises that are great for maintaining or regaining your Strength and Balance. Exercises can be adapted to suit individual needs.** | **Fun football sessions led by coaches from AFC Community Trust.**  **Sessions have a great mix of fun skills and drills and match play.**  **Support workers and friends are welcome to join in too.**  **Sessions run during school term time only.** |



**For more information please contact Andrinne on: 01224 047926 or** [**ACraig@sportaberdeen.co.uk**](mailto:ACraig@sportaberdeen.co.uk)