



YMCA SPECIALS

Creating opportunities for everyone
with additional needs



Special Olympics
Plymouth and District



YMCA

Inclusive sport for young people

Join YMCA Plymouth and Special Olympics Plymouth and District for a new and exciting multi-sport club, enabling young people with additional needs to take part, build in confidence, improve fitness and have fun!



When: Wednesdays, 4:45pm - 5:45pm

Where: YMCA Plymouth

Cost: First session **FREE**

£3 per session

T 01752 201918

STARTS
10th JAN
2018

More details overleaf



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WHO CAN ATTEND?

Any young person aged 8 - 16 with an additional need can attend. The club is open to those with physical or intellectual disabilities. Our sessions are supported by trained staff and volunteers to lead the session help everyone get involved.



WHAT ACTIVITIES?

We offer a range of activities that cater to **all** abilities. Some of our sports include football, badminton, boccia, bowls, table tennis, trampolining and much more! For those with intellectual disabilities, Special Olympics also offer pathways for competition, local, regional, national and international.

WHERE & WHEN?

The club will be starting from **10th January 2018** and then run each Wednesday from **4:45pm - 5:45pm**. Sessions run at **YMCA Plymouth's** centre in **Honicknowle Lane** (PL5 3NG). There's a cafe at the centre with seating and viewing of the sports hall so it's ideal for parents to stay and come straight from school.



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FIND OUT MORE

If you would like to find out more or have any questions, don't hesitate to contact us!

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