

NEW **DISABILITY**

No Limits

FREE
FOR AGES
0-16

**Exciting activities
available including:**

ARCHERY

GOALBALL

MULTI-SKILLS

BOCCIA

SOFT PLAY

**MULTI-SENSORY
ROOM**

**AND
MORE!**

**@ THE PARKS
SPORTS CENTRE**

HOWDON ROAD, NORTH SHIELDS, NE29 6TL

MONDAYS*
4.45 - 5.45PM

With qualified and experienced
coaches. Parents/carers
are required to accompany
their child in the session.
Hoist available.

* Term time only
A valid  EXTRA card is required

www.activenorthtyneside.org.uk



Active North Tyneside



@active_NT



(0191) 643 7171

Disability sport

Did you know an exciting range of disability sport activities for all ages takes place every week in our leisure centres?

Sessions such as disability swimming, rebound and archery run all year round. Then during school holidays we have a programme of disability-specific sporting opportunities for children and young people.

Follow us on social media to keep up to date with the latest news, or visit our website for details.



@SportNT



Sport North Tyneside

www.sportnorthtyneside.org.uk

