



Vista Leisure  
Priory Fields  
Astor Avenue  
Dover  
Kent  
CT170FS

Dear All,

Vista Leisure has a new Multi Sports and Activities club starting on Saturday 14<sup>th</sup> May 2011 at **Dover Leisure Centre** and cost **£3.50**.

The club will run every **Saturday From 4pm until 6pm**.

The aim of the club is to help people with physical disabilities and or learning disabilities to join in sport and fitness activities

- Where you feel comfortable
- Give you a chance to try new sports or activities
- Try something that you have not done for a while
- Give you a chance to socialise and make new friends
- Become more active and healthier

There are lots of reasons why you may not take part in sport or exercise.

- You may not find it easy to join
- don't feel confident enough
- not fit enough
- unable to keep up with the speed of the sport or fitness class
- find it hard to hit or kick a ball
- the cost may be too much
- you may need things changing to help you

We hope the club will change this.

Just turn up and come and have a go.

If you have any further questions please give me a call.

**Kate Little**

**Disability Coordinator**

**Tel: 01304 245369**

**Mob: 07514259308**