



Week 1 - Tues 23rd July & Thurs 25th July
Week 2 - Tues 30th July & Thurs 1st Aug
Week 3 - Tues 6th Aug & Thurs 8th Aug
Week 4 - Tues 13th Aug & Thurs 15th Aug
Week 5 - Tues 20th Aug & Thurs 22nd Aug

FREE Lewisham Disability Inclusive Athletics Camp

Ladywell Arena

Silvermere Road, Catford, SE6 4QX

Starting Tuesday 23rd July 2019

10am - 1pm

In partnership with



TEAM

PERSONAL

BEST

Twice weekly sessions aimed at giving disabled residents the opportunity to try athletics for ages 7-25+

Working in partnership with **S-Factor academy** we'll be giving you the chance to come and try athletics. Groups welcome, all sensory, adapted and Para Athletic equipment provided, including racing wheelchairs, RaceRunner & seated throwing frame. All delivered by fully inclusive coaches & volunteers. Open to anyone with any disability, impairment and/or additional need.

For more information contact:

Fusion - matthew.houghton@fusion-lifestyle.com

or

Lead coach Adam Thomas - Adamjt99@hotmail.com