

Summer Programme of Activities

5 July – 9 August

All sessions are FREE (except Trip)

Thanks to the Amazing Summer Fund and D&G Disability Sport.

Sessions must be pre booked.



DUMFRIES AND GALLOWAY
Disability Sport

TRIP

Galloway Activity Centre Day Trip

Tuesday 6th July, 10am -4.30pm

Cost £20 (session subsidised by D&G Disability Sport)

For all ages and abilities to try outdoor water and land activities.

Booking link

<https://forms.office.com/r/wRnicfN2wa>

DUMFRIES

Tuesday - Walkfit

11am - 12pm

Crichton Cark Park

An outdoor walk with fitness stations

Booking Link

<https://forms.office.com/r/Mez7Vk6xWM>

Wednesday - Tennis

3pm - 4pm

DG1 Sports Complex

Booking link

<https://forms.office.com/r/ibjgmwXwiz>

Thursday - Football

10.30pm - 11.30pm

Juniors 8 -18 years

11.30pm -12.30pm

Adults 18 years+

All abilities welcome

Dumfries Sports Club

Booking Link

<https://forms.office.com/r/BW74JVxYZN>

Friday - Walkfit

4.30pm - 5.30pm

Crichton Car Park

An outdoor walk with fitness stations

Booking Link

<https://forms.office.com/r/Mez7Vk6xWM>

For further



**GET
INTO
SUMMER**

ANNAN

Monday - Walkfit

11am - 12pm
Everholm, Running Track
An outdoor walk with
fitness stations
Booking Link
<https://forms.office.com/r/Mez7Vk6xWM>

Tuesday - Tennis

10am -10.45am
For people with a
learning disability
11am - 12pm
For people with a
physical / sensory
disability
12pm - 1pm
Juniors 8 - 18 years
Annan Seaforth Tennis
Courts
Booking Link
<https://forms.office.com/r/g1Vq6sFxJm>

Tuesday - Football

4.30pm - 5.30pm
For juniors 8 - 18 years
Annan Athletic MUGA
Booking Link
<https://forms.office.com/r/uFFGYesFbG>

Wednesday -

Swimming

11.30am - 12.30pm
Annan Swimming Pool
Limited spaces, bookings
Annan Swimming Pool
tel 01461625025

Wednesday -

Multi Sports

1pm - 3pm
Annan Academy Games
Hall
A variety of fun multi
sport summer games will
be on offer for all ages
and abilities.

Booking Link

<https://forms.office.com/r/58iJHbCm3F>

Friday - Athletics

2.30pm - 3.45pm
Everholm Running Track
All ages and abilities
welcome

Booking Link

<https://forms.office.com/r/y5YpeBWZMq>

Saturday - Walkfit

11am - 12pm
Annan Swimming Pool
An outdoor walk with
fitness stations

Booking link

<https://forms.office.com/r/Mez7Vk6xWM>

information please or help booking contact Laura Vickers

laura.vickers@dumgal.gov.uk or call 07795 680 141.

All sessions are for people with a learning, sensory or physical disability of all ages and abilities unless it is stated in the description.

