

# Summer Programme of Activities

5 July – 9 August



**TRIP**

**All sessions are  
FREE** (except Trip)

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

**Sessions must be  
pre booked.**

## 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/vwRnicfN2wa>

## DUMFRIES

### Tuesday - Walkfit

11am - 12pm

Crichton Car Park

An outdoor walk with  
fitness stations

#### Booking Link

[https://forms.office.  
com/r/Mez7Vk6xWM](https://forms.office.com/r/Mez7Vk6xWM)

### Wednesday - Tennis

3pm - 4pm

DG1 Sports Complex

#### Booking link

[https://forms.office.  
com/r/ibjgmwXwiz](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](https://forms.office.com/r/BW74JVxYZN)

### Thursday - Multi Sports

1pm - 3pm

Dumfries Sports Club

Fun summer games for  
all ages and abilities

#### Booking Link

[https://forms.office.com/  
r/58iJHbCm3F](https://forms.office.com/r/58iJHbCm3F)

### Friday - Walkfit

4.30pm - 5.30pm

Crichton Car Park

An outdoor walk with  
fitness stations

#### Booking Link

[https://forms.office.  
com/r/Mez7Vk6xWM](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 Swimmng 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](mailto: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.

