




# Inspire Active Communities

10 week block of taster sessions of sport and activities for adults with learning disabilities



 **Date:** Tuesday 23rd Jan until Tuesday 26th March

 **Time:** 10:30am-11:30am

 **Location:** CYP, Gypsey Rd, Bridlington YO16 4AY

 **For more information please contact:**

To book a space or for more information

Kirsty Watson: 07479930252/ [kirsty.watson@eastriding.gov.uk](mailto:kirsty.watson@eastriding.gov.uk)

Book a place to take part in this fun  
10 week block of sports and  
activities ran by local sports clubs

All abilities welcome to try sports  
such as tennis, rugby, cricket,  
archery, football, netball, dance  
and many more!

