



ENERGIZE



A SPORT AND SOCIAL CLUB FOR ADULTS WITH LEARNING DISABILITIES TO BE ACTIVE AND HAVE FUN WITH FRIENDS

MONDAY

SPORTS STARS

**Ramsgate Leisure Centre
11:00 - 12:00**

TUESDAY

DANCE & ACTIVITIES

**Hartsdown Leisure Centre
11:00 - 12:00**

WEDNESDAY

SPORTS STARS & SOCIAL

**Hartsdown Leisure Centre
10:00 - 12:00**

THURSDAY

KURLING & BOCCIA

**Hartsdown Leisure Centre
11:00 - 12:00**

FRIDAY

FITNESS & ACTIVITIES

**Hartsdown Leisure Centre
12:15 - 1:15**



FREE TO ATTEND

FOR MORE INFORMATION AND TO BOOK:

✉ info@inclusivesport.net

☎ 01227 202513

🌐 inclusivesport.net