

## ACE Disability Timetable

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Centre							
Alistair McCoist Complex	Boccia 4.30-6.00pm	ASN Playzone 6.00-8.00pm 12+	ASN Playzone 6.00-8.00pm 5-12 years				
Stewartfield Community Centre	Disability Trampoline 6.00-7.00pm	Disability Yoga 4.00pm-4.45pm or 5.00pm-5.45pm					
Hamilton Gymnastics Club						Disability Gymnastics 12.00-1.00pm	
Jock Stein Sports Centre							
Hamilton Palace Sports Ground			Disability Athletics 5.00-6.00pm				
Larkhall Leisure Centre	Disability Swim Lessons 6.10-6.50pm						
Strathaven Leisure Centre					Disability Swim Lessons 4.00-4.40pm		
Carluke Leisure Centre	Wheelchair Basketball 5.00-7.00pm			Disability Swim Lessons 6.00 -6.40pm			Disability Swim (ASD) Lessons 12.50-1.30pm

## Our Classes

- **ASN Playzone** A fun and supported environment for young people to have the opportunity to try a variety of different play experiences.
- **Boccia** A fun ball sport with some similarities to bowls. Designed for people with a disability, but able to be enjoyed by all.
- **Disability Athletics** A fun session working on developing the basic skills of athletics – running, jumping and throwing. All activities can be adapted depending on disability.
- **Disability Gymnastics** A fun session that allows for development of skills such as movement and balance within a gymnastic environment.
- **Disability Multi-Sports** This session is designed to develop the fundamental skills for a variety of sports through offering the opportunity to try out a number of different sports.
- **Disability Swim Lessons** The opportunity to learn to swim in a small group setting. This group is designed specifically for those with a Disability.
- **Disability Trampoline** This session develops skills, techniques and confidence on a trampoline, through learning new moves and combining them in routines.
- **Disability Yoga** A session of floor movements and positions suitable for all young people, with assistance from their parent/carer as required.
- **Wheelchair Basketball** Fun basketball session for individuals with a physical disability who use a wheelchair to participate in sport. Friends/siblings welcome to join in this session too.

All classes are subject to change or cancellation, so please check before you attend for the first time.

All classes listed are included in the ACE membership (with the exception of Disability Swim (ASD) Lessons) with 50% discount available to those with a valid concession card.

If you have any questions or enquiries with regards to our Disability Programme, please contact David Crawford, Programme Officer – Disability / Clydesdale on 01698 476195 or email [david.crawford2@southlanarkshireleisure.co.uk](mailto:david.crawford2@southlanarkshireleisure.co.uk)