



Dear Parent/Guardian

30th January 2017

FAMILY ACTIVITY DAY FOR YOUNG PEOPLE WITH ADDITIONAL SUPPORT NEEDS

Welcome back to the new year and our Family Activity Days in 2017 *(for anyone up to (and including) age 21)*. We are starting the year with coaching from our local Table Tennis club who run sessions on a Thursday night at Bells Sports Centre. They offer great support for our athletes with additional support needs so will come and give us a taster. So come along if you want to join in and have a bit of fun.

The date for this event is **Saturday 25th February, 10am-12noon at the North Inch Community Campus, Perth.**

We will also have the usual sports and activities including the trampoline running for people to try a few, along with access to the campus gym if you have completed a gym induction with Live Active. **NOTE** - If you are over 12 but not yet 16 you will only be able to use the cardiovascular machines. If you are 16+ you will also be shown how to use the weights.

The costs to people attending (payable on the day) are £3 for 2 people attending or £5 for a family of more than 2 people. Perth and Kinross Disability Sport will continue to sponsor the running of the morning.

If you would like to come along, please email the details below to lynnmelville@perthandkinrossdisabilitysport.com

✓ **Our future dates in 2017 are – activities will be confirmed:**

- **25th March**
- **29th April**
- **27th May**
- **24th June**

Yours faithfully

Perth and Kinross Disability Sport

Perth & Kinross Disability Sport – Family Activity Day

Saturday 25th February, 10am to 12noon @ North Inch Community Campus, Perth

Name of young person: **School/College (if applic)**.....

Pre-school age	Primary school age	Secondary school/College age	Adults
..... (number) (number) (number) (number)