

Cost £1.50pp

active
norfolk

PUSHING
AHEAD



Inclusive Cycling Hub Club

Fully inclusive cycling activity sessions suitable for disabled groups, disabled individuals (16+) and their carers

At UEA Sportspark in Norwich
Wednesday between 11.40am – 13.00pm

- ✓ Fun and sociable
- ✓ Meet new people
- ✓ Great way to reduce stress
- ✓ 7 new adapted bikes and trikes to try
- ✓ Carers and all family members welcome

Dates

3rd October
7th November
5th December
2nd January
6th February
6th March
3rd April

Sportspark's Inclusive Club offers many other fantastic activities for you to try!

For more information visit www.activenorfolk.org/disability
or contact Ellen Vanlint 01603 731566
ellen.vanlint@activenorfolk.org

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Sportspark