

Discrete Run, Jump and Throws Sessions



In 2014 DSF celebrates 37 years developing sports for children, athletes and players with a physical, sensory or learning disability in Fife. 1977-2014



Disability Sport Fife (DSF) offers discrete run, jump and throws sessions weekly across Fife for young people and adults with a **physical, sensory or learning disability**. This is in addition to the multi sports sessions that offer seasonal athletics coaching in preparation for local and national competitions. All sessions run for one hour.

Tuesday 1630 - Pitreavie 15+ coaches Pamela Robson and Kelly Braid

Tuesday 1530 - Madras Kilrymont 10 + coach Stuart Munn

Wednesday 1630 - MWC Glenrothes 12 + coach Pamela Robson

Thursday 1630 Pitreavie 6+(wheelchair athletes) coach Pamela Robson

Session charges range from £2.70 for juniors to £3.80 for adults.



As with all DSF sports activity sessions, potential participants must register an interest in the first instance with the DSF Administrator Norma Buchanan at the Head Office of DSF in the Michael Woods Centre, Glenrothes. Norma will send out the appropriate registration form on receipt of an e mail or in response to a telephone call.

Phone: 03451 555555 Ext. 444989 E-mail: norma.buchanan@fife.gov.uk

Alternatively visit DSF on line: www.fifeleisure.org.uk

(Find us in the **Health and Well Being** section)