

Disability Sport Fife



FUNdamentals Session



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 a FUNdamentals session for children and young people with a physical (ambulant or wheelchair user) or sensory impairment at the Michael Woods Sports and Leisure Centre, Glenrothes. Sessions run weekly on Mondays between 18 00 and 1900 in the games hall. Participants are introduced to a range of throwing, striking, catching, movement activities leading to specific sports.

Alex Bird leads the session with back up from volunteers and parents. Children and young people with a disability, inspired by the Paralympic or Commonwealth Games and wishing to become involved in physical activity, including sport, will find the sessions an appropriate learning environment. The sessions are appropriate for children and young people of Primary school age only (8+ preferred but others considered)

Monday 18 00 to 19 00—Michael Woods Centre, Glenrothes

£2. 70 per session—Coach Alex Bird



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)