Disability Sport Fife (DSF) provides racquet sports and badminton coaching for young people and adults with a physical, sensory or learning disability weekly in Glenrothes. In addition to short tennis, table tennis and boccia during the first hour there is provision for recreational basketball.

Monday 19 00 — Racquet Sports coaching — Michael Woods Sports and Leisure Centre 12+ coaches Alex Bird and Euan Bell

Monday 20 00 — Badminton coaching — Michael Woods Sports and Leisure Centre 15 + coaches Alex Bird and Euan Bell.

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)