



DISABILITY SPORT FIFE WEEKLY SESSIONS

Athletics



Tuesday: Pitreavie Athletic Centre 16:15-17:15
Run Jump and Throw

Wednesday: Michael Woods Centre 16:30-17:30
Run Jump and Throw

Thursday: Pitreavie Athletic Centre 16:15-17:15
Physical and Sensory Impaired athletes only

Thursday: Pitreavie Athletic Centre 17:00-18:00
Wheelchair/Frame Running

Badminton



Monday: Michael Woods Centre 20:00-21:00
Players of all levels of ability

Tuesday: Carnegie Leisure Centre 14:00-15:00
Players of all levels of ability

Boccia



Monday: Michael Woods Centre
19:00-20:00

**Players with a physical or
sensory impairment**

Swimming

Tuesday: Michael Woods Centre 16:15-16:45
Learn to Swim Session

Wednesday: Michael Woods Centre 17:00-17:30
Learn to Swim Session

Wednesday: Michael Woods Centre 17:30-18:00
Learn to Swim Session

Wednesday: Michael Woods Centre 17:00-18:00
Swimmers with a disability

Wednesday: Michael Woods Centre 11:30-12:30
Swimmers with a disability

Thursday: Kirkcaldy Leisure Centre 16:00-17:00
Swimmers with a disability

Thursday: Inverkeithing High School 18:00-19:00
Swimmers with a disability



Multi-Sports

Monday: Madras, Bell Brae 15:00-16:00
Multi-sport session

Monday: Michael Woods Centre 19:00-20:00
Short Tennis, Table Tennis and Basketball

Thursday: Michael Woods Centre 10:30-12:00
**Multi-sport session, participants of all
abilities**



FUNdamentals

Monday: Michael Woods Centre 18:00-19:00
Children with a physical/visual impairment

Wednesday: Dunfermline High School 17:00-18:00
Children with a physical/visual impairment



For further information:

Call 03451 555 555 ext. 444 989
or disabilitysportfife@fifeleisure.org.uk



DSF is a branch of Scottish Disability Sport with a charity registration number of (SCO48722)