

# Disability Sport



Activities for all abilities at  
YMCA East Surrey



## Tuesday

**Inclusive Dance** | 13:30-14:30

## Wednesday

**Multi-Sport** | 11:15-12:15

**Boccia for all** | 13:30-14:30

## Friday

**Multi-Sport** | 11:30-12:30

## Saturday

**Boccia Club** (fortnightly)

10:30-11:30 | Juniors (under 16)

12:00-13:00 | Seniors (over 16) | Session 1

13:15-14:15 | Seniors (over 16) | Session 2

**Inclusive Cricket** (fortnightly)

11:00-12:30

Free for young people with a disability  
aged 12-25

## Sunday

**Disability Badminton** | 11:00 – 12:30

£6 pay as you go

All activities are open to people aged 16+ and cost £3.30 per session  
(unless stated otherwise).

### Venue:

YMCA Sports & Community Centre, Princes Road, Redhill, RH1 6JJ

Please visit our website for more details or email Sam Lyle

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