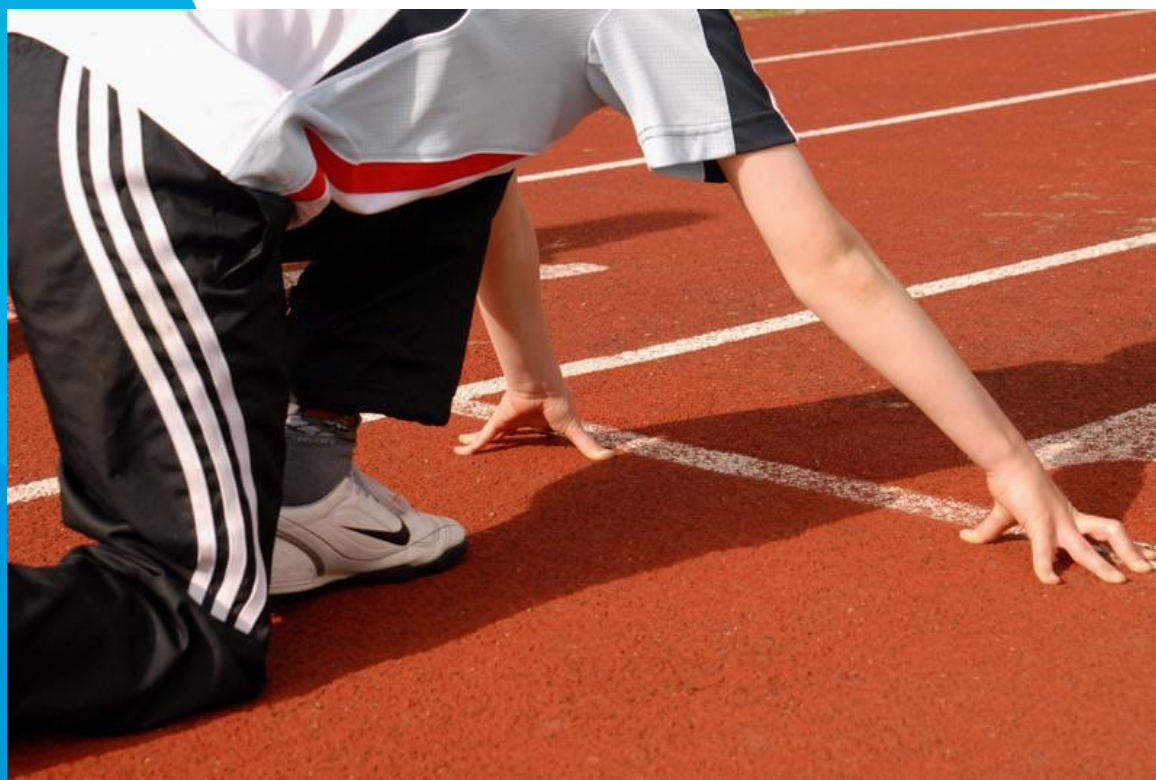
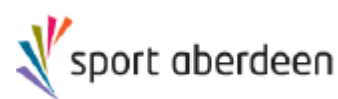


Disability Sport

Summer Programme 2017



Aberdeenshire
COUNCIL



Serving Aberdeenshire from mountain to sea - the very best of Scotland

If you have any queries please contact Gemma Lewis, Disability and Inclusion Sports Officer on gemma.lewis@aberdeenshire.gov.uk or 01467 534730.

For more information on disability sport opportunities visit:

<http://www.aberdeenshire.gov.uk/leisure-sport-and-culture/sports/sports-development/disability-sport/>

<http://grampiandisabilitysport.org.uk/gds/>

www.facebook.com/grampiandisabilitysport

www.aberdeenshire.gov.uk/facebook

ACTIVITIES

ASN Summer Camp at Aberdeen Sports Village including: Trampolining

Sessions are fully accessible with a hoist, steps and sag bags available.

Indoor Athletics Sessions

A fun athletics session held in the purpose built athletics area at Aberdeen Sports Village. Participants will be introduced to run, jump and throw activities.

Sessions are fully accessible with ramps available for participants who can't throw independently.

Field Games

A whole host of outdoor active games played on the Indoor Pitch. May include rounders, ultimate Frisbee, football, tug of war, obstacles courses and many more.

Racket Sports

A mix of popular racquet sports including badminton, table tennis, short tennis & racketball.

Boccia

Participants will get the chance to play Boccia through fun skills and drill sessions. Sessions are fully accessible with ramps available for participants who can't throw independently.

Other sessions:

Tubing Sessions

Participants can enjoy a thrilling ride down the dry ski slope on a large rubber ring. Tow available.

Ten Pin Bowling

A Ten Pin Bowling session at the Garioch Indoor Bowling Centre, Inverurie.

Multisport Sessions:

A mixture of fun sports and team building games.

Swimming:

Participants can swim at their leisure. The floor depth in the pool is 25m & hoists will be available for use. Participants that are not confident swimmers, who are under 8yrs of age or who need physical support in the pool or changing area will need to be accompanied by an adult into the water (1 accompanying carer goes free).

Please note participants are able to attend the 'full' half day camp or choose to just come for one or two activities. Parents/carers are invited to stay for the duration of camp. However, if they do not wish to stay, participants can be dropped off at the start of the camp and collected at the end if they are able to support themselves with limited supervision. Activities will be held in the same areas as the other camps where noise levels can be high.

For all activities:

Clothing: Children should come appropriately dressed for practical sessions.

Refreshments: Please bring a bottle of water or non-fizzy drink and a snack if needed.

If attending the morning half day camps at ASV the participant should bring their own lunch as there will be a break for lunch. Participants may wish to bring a snack if attending the afternoon half day camps.

Please ✓ session(s) you wish to book.

Cheques made payable to 'Aberdeenshire Council' and returned with completed consent form to Gemma Lewis, Disability and Inclusion Sport Officer, Aberdeenshire Council, Education and Children's Services, Woodhill House, Westburn Road, Aberdeen, AB16 5GB

Please note: If any of the activities become unavailable or if there are any changes you will be contacted on the details you provide overleaf.

Summer Programme 2017

Week 2: Monday 10th – Friday 14th July

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|---|-------------|-------------------------|------|-------|----------|
| ASN Summer Camp at Aberdeen Sports Village | | | | | |
| Monday 10th July | | | | | |
| Boccia | 12:30-1:30 | Aberdeen Sports Village | £4 | Mixed | |
| Trampolining | 13:30-14:30 | Aberdeen Sports Village | £4 | Mixed | |
| Athletics | 14:45-15:45 | Aberdeen Sports Village | £4 | Mixed | |
| Half Day Camp * | 12:30-15:45 | Aberdeen Sports Village | £10 | Mixed | |
| Wednesday 12th July | | | | | |
| Trampolining | 10:00-11:00 | Aberdeen Sports Village | £4 | Mixed | |
| Racket Sports | 11:00-12:00 | Aberdeen Sports Village | £4 | Mixed | |
| Field Games | 12:30-13:30 | Aberdeen Sports Village | £4 | Mixed | |
| Half Day Camp * | 10:00-13:30 | Aberdeen Sports Village | £10 | mixed | |

Week 3: Monday 17th – Friday 21st July

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|---|-------------|-------------------------|------|-------|----------|
| ASN Summer Camp at Aberdeen Sports Village | | | | | |
| Thursday 20th July | | | | | |
| Field games | 10:00-11:00 | Aberdeen Sports Village | £4 | mixed | |
| Racket sports | 11:00-12:00 | Aberdeen Sports Village | £4 | Mixed | |
| Trampolining | 12:45-13:45 | Aberdeen Sports Village | £4 | Mixed | |
| Half Day Camp * | 10:00-13:45 | Aberdeen Sports Village | £10 | Mixed | |
| Friday 21st July | | | | | |
| Trampolining | 11:30-12:30 | Aberdeen Sports Village | £4 | Mixed | |
| Athletics | 13:00-14:00 | Aberdeen Sports Village | £4 | Mixed | |
| Boccia | 14:00-15:00 | Aberdeen Sports Village | £4 | Mixed | |
| Half Day Camp * | 11:30-15:00 | Aberdeen Sports Village | £10 | mixed | |

*Including activities above

Week 4: Monday 24th – Friday 28th July

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|-------------------------------------|-------|--|------|-------|----------|
| Tuesday 25th July | | | | | |
| Ten Pin Bowling | 11:00 | Garioch Indoor Bowling Centre, Inverurie | £4 | Mixed | |

Week 5: Monday 31st July – Friday 4th August

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|---------------------------------------|-------------|--|------|-------|----------|
| Tuesday 1st August | | | | | |
| Multisport | 10:00-12:30 | Alford Community Campus | £10 | Mixed | |
| Thursday 3rd August | | | | | |
| Ten Pin Bowling | 13:00 | Garioch Indoor Bowling Centre, Inverurie | £4 | Mixed | |

Week 6: Monday 7th – Friday 11th August

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|--|-------------|--|------|-------|----------|
| Wednesday 9th August | | | | | |
| Multisport and Swimming | 13:30-16:00 | Alford Community Campus | £10 | Mixed | |
| Friday 11th August | | | | | |
| Ten Pin Bowling | 11:00 | Garioch Indoor Bowling Centre, Inverurie | £4 | Mixed | |

Week 7: Monday 14th – Friday 18th August

| Date / Sport | Time | Venue | Cost | Age | Tick (✓) |
|--|-------------|-------------------|------|-------|----------|
| Thursday 17th August | | | | | |
| Multisport and Tubing | 10:00-12:30 | Alford Ski Centre | £10 | Mixed | |

Just a reminder that the following activities will still run in the Summer Holidays:

Sailing with Aberdeenshire Sailing Trust, Peterhead. Pre-booking is recommended. Contact Angie on angie@aberdeenshiresailing.org or 07812380834

Ten Pin Bowling, for 16 years and over, Garioch Indoor Bowling Club (Wednesdays 7.15-8.15pm.) Contact GIBC on 01467 622622.

Indoor bowls, for 14 years and over, Garioch Indoor Bowling Club (Thursdays 5.30pm to 6.30pm, fortnightly) contact GIBC on 01467 622622

Race Running (Fridays 17:00 – 18:00) Aberdeen Sports Village, Contact ASV on 01224 438900

Sensory Play (Saturdays 1st July & 5th August 14:00 – 15:00) Aberdeen Sports Village
Contact ASV on 01224 438900

Relaxed ice skating at Linx Ice Arena, Aberdeen (Mondays 11:30-1pm). Note that sessions may be busier as it is a public session. Contact 01224 507762 for more information.

Tubing, Alford Ski Centre, first Saturday of the month. Contact Alford Ski Centre to book on 019755 63024 or alford.skicentre@aberdeenshire.gov.uk

CONSENT AND BOOKING FORM

Participant's Name: Age:

Address:

..... Postcode:

Name of School: (if applicable)

Parent/Carer's Name:

Contact No. Email:

Will a carer accompany the participant to the session? (Please circle) YES NO

If no, please give the name of someone we can contact during the time of the session in case of emergencies.

Name: Contact No.

Please indicate any special medical needs e.g. Asthma, Epilepsy:

.....

Please indicate any additional support needs e.g. learning difficulties, wheelchair user:

.....

Please indicate any special communication needs e.g. sign language, Makaton:

.....

Please indicate if you require any special equipment e.g. boccia ramp, tubing tow, ice sledge etc.

.....

For participants with Down's syndrome: has the participant been assessed for Atlantoaxial instability? (Please circle)

YES NO

Do you consent to receiving first aid/medical treatment? (please circle) YES NO

Photography may be used during the sessions. Images will be used in publications and on our website to publicise our services or celebrate special events. These may also appear in our printed publications, on our website, intranet, social media ie facebook, twitter and on Plasma screens in various council offices. We may also send them to the news media.

Please tick this box if you **DO CONSENT to** your child being photographed and images used as indicated above

Please tick this box if you **DO NOT** wish your child to be photographed and images used as indicated above

Signature Relationship

Please include your email address if you would like to be added to our emailing list to be the first to hear about new clubs, events and training opportunities.

Email:

The information given will be treated in confidence and held in accordance with the requirements of the Data Protection Act 1998.

Gemma Lewis

Disability and Inclusion Sport Officer
Aberdeenshire Council
Education and Children's Services
Woodhill House
Westburn Road
Aberdeen
AB16 5GB

Visit: <http://www.aberdeenshire.gov.uk/leisure-sport-and-culture/sports/sports-development/disability-sport/>
or <http://grampiandisabilitysport.org.uk/gds/>



[Twitter@aberdeenshire](https://twitter.com/aberdeenshire) twitter.com/SDS_sport



www.facebook.com/grampiandisabilitysport
www.aberdeenshire.gov.uk/facebook

