

# Activities for adults with a disability



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Vivacity has teamed up with DIAL Peterborough and YMCA Cambridgeshire and Peterborough to offer a number of exercise and sports opportunities. The current ones on offer are gym based and offer a friendly, social and relaxed environment. These sessions can help you achieve your goals whether they are improving fitness, losing weight, increasing your confidence, looking to get back into work or just getting out the house.

**Peterborough Adapted Cycling Scheme** provides an opportunity for all disabled people with a variety of needs to access cycling independently or with family or friends.

There is a range of specially adapted cycles for all ages and abilities with experienced disabled cyclists on hand to offer help and support.

Once you have completed a short induction, you can hire bikes by the hour from the WaterSports Centre at Ferry Meadows.

Contact Matt Taylor on 01733 863783 or email [matt.taylor@vivacity-peterborough.com](mailto:matt.taylor@vivacity-peterborough.com)



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## DAYS and TIMES

**Mondays-** YMCA Gym at Bretton The Cresset, 10.00 to 12.00

- Balance and Coordination at Peterborough Athletics Track (indoors when cold), 10.45 to 11.45

**Tuesdays-** Bushfield Leisure Centre, 10.30 to 12.00

**Wednesdays-** YMCA Gym at Bretton The Cresset, 2.00 to 4.00

**Thursdays** - YMCA Gym at Bretton The Cresset, 1.00 to 3.00

**Fridays** - YMCA Gym at Bretton The Cresset 10.00 to 12.00 (From July 2011) and Peterborough Prison, 3.00 to 4.45

**PRICES** - £2.50- Balance and Coordination session

£1 – Friday Prison session

£2- all other sessions

## BOOKING/ CONTACT INFO:

Booking is essential

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