



**Aberdeenshire**  
COUNCIL



# Disability Sport

October  
Programme  
2017



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

If you have any queries please contact Lisa Logie, Disability Sports Officer on [lisa.logie@aberdeenshire.gov.uk](mailto:lisa.logie@aberdeenshire.gov.uk) or 07767 272807. Information also available in audio format

For more information on disability sport opportunities visit:

[www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp](http://www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp)

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

[www.facebook.com/grampiandisabilitysport](http://www.facebook.com/grampiandisabilitysport)

[www.aberdeenshire.gov.uk/facebook](http://www.aberdeenshire.gov.uk/facebook)

## Ten Pin Bowling & Indoor Bowling

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

## Sailing Sessions (Peterhead and Knockburn)

Participants can enjoy some sailing in either of these locations. Pre-booking is mandatory as spaces are limited. Conditions may apply, these are run by Aberdeenshire Sailing Trust.

## Table Tennis

Participants will enjoy some table tennis experience here from this newly formed club

## ICE Skating Session

Sessions are fully accessible and lighting is lowered and no music is played. Skate hire included and sleds available.

## 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.

### 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.

### Football & Touch Rugby

Adapted football and touch rugby warm ups and games designed to encourage team-working & co-ordination

### Team Building

Solve problems, tackle challenges & complete obstacles as part of a team under the guidance of our coaches.

### Racquet Sports

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

### Field Games

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

*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 summer 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.

## October Programme 2017

Date / Sport	Time	Venue	Cost	Age	Tick (✓)
<b>ASN October Camp at Aberdeen Sports Village (ASV)</b>					
<b>Monday 16<sup>th</sup> October</b>					
Field Games	10.00 – 11.00	ASV – Indoor Pitch	£4	Mixed	
Boccia	11.00 – 12.00	ASV – Sports Hall 2	£4	Mixed	
Athletics	12.45 – 13.45	ASV – Indoor Athletics	£4	Mixed	
Half Day Camp *	10.00 – 13.45	Aberdeen Sports Village	£10	Mixed	
<b>Wednesday 18<sup>th</sup> October</b>					
Racket Sports	11.00 -12.00	ASV – Sports Hall 1	£4	Mixed	
Boccia	12.00 – 13.00	ASV – Sports Studio	£4	Mixed	
Trampoline	13.30 – 14.30	ASV – Sports Hall 1	£4	Mixed	
Half Day Camp *	11.00 – 14.30	Aberdeen Sports Village	£10	Mixed	

<b>Tuesday 24<sup>th</sup> October</b>					
Athletics	12.30 -13.30	ASV – Indoor Athletics	£4	Mixed	
Trampoline	13.45 – 14.45	ASV – Sports Hall	£4	Mixed	
Field Games	15.00 – 16.00	ASV – Indoor Pitch 3	£4	Mixed	
Half Day Camp *	12.30 – 16.00	Aberdeen Sports Village	£10	Mixed	
<b>Thursday 26<sup>th</sup> October</b>					
Field Games/Football	10.30 – 11.30	ASV – Indoor Pitch	£4	Mixed	
Racket Sports	11.30 - 12.30	ASV – Sports Hall 1	£4	Mixed	
Boccia	13.00 – 14.00	ASV – Sports Studio	£4	Mixed	
Half Day Camp *	13.30 – 17.00	Aberdeen Sports Village	£10	Mixed	
<b>Other Activities (please ✓ date(s) for the activities you wish to attend)</b>					
<b>Monday 16<sup>th</sup> October</b>		<b>Friday 20<sup>th</sup> October</b>			
Sailing **	14.00 – 16.00		£25	Ages 8+	
<b>Tuesday 17<sup>th</sup> October</b>		<b>Thursday 26<sup>th</sup> October</b>			
Ten Pin Bowling	14.00 – 15.00	Garioch Indoor Bowling	£3	Mixed	
<b>Thursday 19<sup>th</sup> October</b>		<b>Wednesday 25<sup>th</sup> October</b>			
Climbing Wall ***	TBC	Transition Extreme	Free**	Mixed	
<b>Monday 16<sup>rd</sup> October</b>		<b>Monday 23<sup>rd</sup> October</b>			
Ice Skating	10.30 – 11.30	Ice Linx Arena	£*****	Mixed	
<b>Tuesday 24<sup>th</sup> October</b>					
Table Tennis	11.00 – 12.00	Baden Powell – Turriff	£4	Mixed	

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\* Including activities above

\*\* Due to the nature of the activity participants must be able to sit un-aided in the boats. Conditions may apply and spaces are very limited so early booking is essential. These sessions may be cancelled at short notice due to poor weather conditions.

\*\*\* Due to the nature of the activities at Transition Extreme the number of pupils able to participate will be restricted. This may mean we have to restrict the number of sessions each participant attends depending on demand. We will be in touch if we cannot offer you all of the sessions you have applied for.

\*\*\*\* Activities at Transition Extreme are sponsored through the Community Activity Fund which was made possible through funding kindly donated to Transition Extreme by Sport Scotland and Subsea 7 in order to facilitate sports sessions for young people with additional support needs. For any young people applicable for the Community Activity Fund who are unable to attend because of the busy Summer holiday environment Transition Extreme would be keen to offer the opportunity to attend through this scheme during term time. At this time the centre is far less busy and so we are able to establish a more comfortable environment for those attending. Please get in touch with Lisa if you would like more information on this.

\*\*\*\*\* Price structure for the Links Ice Arena is under 16s £2.15 and over £3.15. This includes hire of equipment and carers go free. Bookings and payment are made to the Ice Arena on the day.

Please ✓ session(s) you wish to book.

Cost for above activities: per person per session or half day.

Please note: Payment will be received on the day of your chosen activity and all payments must be made for the sessions you will attend. You will be sent an email on receipt of your Consent and Booking form and only then will you be confirmed on the activity. If any of the activities become unavailable or if there are any changes you will be contacted on the details you provide overleaf. There will be a member of the Active Schools team at the start of your sessions to receive your payment.

We look forward to welcoming you at our sessions.

# 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.*

**Send Booking to:**

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Visit: [www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp](http://www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp) or  
<http://grampiandisabilitysport.org.uk/gds/>



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