

GOGA Activities:

Activity	Day/Time	Venue	Age	Cost	Contact for more information
Swimming (additional support swim/transition club)	Saturday 12:30-13:30	Westhill Swimming Pool	All ages	£2.25	Westhill swimming pool on 01224 744933
Swimming (relaxed session)	Friday 17:30-18:30	Tullos swimming pool	All ages	£2.25 jnr £4.45 adult	Tullos swimming pool on 01224 507681
Swimming (Garioch Gators Swimming Club)	Sunday 4:30-5:30pm	Inverurie swimming pool	All ages		Pauline Stirling on p7stirling@gmail.com or call 07443893400.
Football	Friday 7-8pm	Bucksburn Academy Astro turf	12-19 years		Harley at AFC community trust on harley.hamdani@afccommunitytrust.org or call 01224 650454
Sailing	Sessions will start in May	Loch of Skene and Peterhead	All ages		Angela Fraser at Aberdeenshire Sailing Trust on info@aberdeenshiresailing.org or call 07812380834.
Boccia	Wednesday 18:30-19:30	Westburn Outdoor centre, Aberdeen	All ages	£2.55	Andrinne at Sport Aberdeen on 01224 047926 or email acraig@sportaberdeen.co.uk
Ten Pin Bowling	Wednesday - 7.15pm to 8.15pm	Garioch Indoor Bowling Centre	16+	£3	GIBC on 01467 622622
Indoor bowls	Thursday (every 2 weeks) 5.30pm to 6.30pm	Garioch Indoor Bowling Centre	14+	£3	GIBC on 01467 622622
Rugby (The Clan rugby4all)	Thursday 2-3pm	Aberdeen Sports Village	16+	£4 (first 4 weeks free taster sessions then £4 a session)	David Cranston the tri Caledonia Development Coach from Trust Rugby International on 07496538810 or email david@tripartnerships.com

Tennis	Saturdays 12-1pm	Westburn Tennis Centre	Primary and secondary	£3	Westburn Tennis Centre on 01224 507748
Cycling	Tuesday: 2-2:45pm children 3-3:45pm adults	Garioch Sports Centre		£5	Garioch Sports centre on 01467 626141 or email info@gariochsports.co.uk
Inclusive Circuits	Tuesday 3:00pm – 4:00pm	Aberdeen Sport Village	adults	£2.20	ASV on 01224 438900 or email info@aberdeensportsvillage.com
Wheelchair Basketball	Monday: -Juniors (8-14) Monday 7pm to 8pm -Women Only (15 to adult) Monday 7pm to 8pm -Mixed Adults (15 to adult, Male & Female) Monday 8pm to 9pm, Wednesday 5pm - 7pm	Beach Leisure centre, Aberdeen		Juniors £2 a session. 15 to adult £25 a month	Sarah at Grampian Flyers Wheelchair Basketball Club on 01339 885614 or wheelchair@flyersbasketball.co.uk

Health Walks:

Day	Time	Leaving From
Monday	10:15	The Alex Collie Centre, Bridge of Don, Aberdeen
Tuesday	10:00	AFCCT walk- meeting point changes weekly. Contact Nicola to find out more on nicola.graham@afccommunitytrust.org or 01224 650499.
Thursday	10:15	Jesmond Sports Centre, Bridge of Don, Aberdeen
Thursday	10:00	Banchory East church, Aberdeenshire
Friday	10:00	Banchory East church, Aberdeenshire
Friday	09:30	Village Hall, Kemnay, Aberdeenshire