

Aberdeenshire
COUNCIL



Disability Sport



Easter Programme 2016



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

If you have any queries please contact Caitlin Dudley, Disability Sports Officer on caitlin.dudley@aberdeenshire.gov.uk or 07768 051479.

Information also available in audio format.

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

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.

ASN Easter 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.

Swimming Pool Fun

Participants can take part in fun pool games or swim at their leisure under the guidance of qualified aquatics teachers. Floor depth in the 25m pool will be raised to 1.2m & 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. Please note the sessions will take place in a sectioned off area of the pool but members of the public will have access to the rest of the pool during the session.

Wacky Races

A Range of individual and team races with emphasis on fun & creativity.

Bounce Fun

Using a range of inflatable and sprung equipment including trampettes, springboards & the air track, people of all ages & abilities will have a blast whilst doing twists, turns, shapes & rolls!

Parachute Games

A variety of engaging, fun and sensory games using out giant parachutes.

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.

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

Family Swimming Sessions, Beach Leisure Centre – Saturdays 5-6pm. Contact BLC on 01224 655401.

Multi-sports Club, Aberdeen Sports Village – Sundays 10.30am-12pm. Contact ASV on 01224 438900

Easter Programme 2016

Date / Sport	Time	Venue	Cost	Age	Tick (✓)
ASN Easter Camp at Aberdeen Sports Village					
Wednesday 6th April					
Field Games	09.00 – 10.00	Aberdeen Sports Village	£4	Mixed	
Wacky Races	10.15 – 11.15	Aberdeen Sports Village	£4	Mixed	
Boccia	11.30 – 12.30	Aberdeen Sports Village	£4	Mixed	
Half Day Camp *	09.00 – 12.30	Aberdeen Sports Village	£10	Mixed	
Thursday 7th April					
Swimming Pool Fun	13.00 – 14.00	ASV Aquatics Centre	£4	Mixed	
Parachute Games	14.30 – 15.30	Aberdeen Sports Village	£4	Mixed	
Trampoline	15.45 – 16.45	Aberdeen Sports Village	£4	Mixed	
Half Day Camp *	13.00 – 16.45	Aberdeen Sports Village	£10	Mixed	
Tuesday 12th April					
Trampoline	09.15 – 10.15	Aberdeen Sports Village	£4	Mixed	
Racquet Sports	10.30 – 11.30	Aberdeen Sports Village	£4	Mixed	
Swimming Pool Fun	12.00 – 13.00	ASV Aquatics Centre	£4	Mixed	
Half Day Camp *	09.15 – 13.00	Aberdeen Sports Village	£10	Mixed	
Friday 15th April					
Team Building	12.00 – 13.00	Aberdeen Sports Village	£4	Mixed	
Athletics	13.15 – 14.15	Aberdeen Sports Village	£4	Mixed	
Bounce Fun	14.30 – 15.30	Aberdeen Sports Village	£4	Mixed	
Half Day Camp *	12.00 – 15.30	Aberdeen Sports Village	£10	Mixed	
* Including activities above					
Other Activities					
Ten Pin Bowling					
Friday 8 th April	13.00 – 15.00	Garioch Indoor Bowling	£4	Mixed	
Thursday 14 th April	13.00 – 15.00	Garioch Indoor Bowling	£4	Mixed	
Tubing					
Monday 11 th April	10.45 – 11.45	Alford Ski Centre	£4	Mixed	

Please ✓ session(s) you wish to book.

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

Cheques made payable to 'Aberdeenshire Council' and returned with completed consent form to Caitlin Dudley, C/O Elaine Murray, Aberdeenshire Council, Active Aberdeenshire, Unit 19 Harlaw Industrial Estate, Harlaw Way, Inverurie, AB51 4SG.

Please note: you will be sent a receipt for your payment which will be confirmation of your place. If any of the activities become unavailable or if there are any changes you will be contacted on the details you provide overleaf.

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.

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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.

Headquarters

Aberdeenshire Council,
Woodhill House,
Westburn Road,
Aberdeen,
AB16 5GB

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



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sports village

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