

LEARNING DISABILITY FOOTBALL FOR CHILDREN AND ADULTS



**PLEASE FEEL FREE TO POP DOWN AND SEE HOW THE SESSIONS
CAN ENGAGE AND DEVELOP ...**

Please feel free to pop down and see how the sessions can engage and develop each individual's agility, balance, coordination, awareness, weight, self-confidence as well as the mental stimulation they receive from being involved in exercise.

"I Think it's Wonderful that the coaches at Boston United's Community Scheme have the decency, humility and not to say the patience to teach people like Kylie to kick and dribble the ball.

I cannot praise the coaches enough, but by way of compensation Kylie has attended Boston United Fixtures which they have awoken her interest in sport, keeping fit and most of all the physical and mental stimulation she receives from the training."

- Margaret Baker, parent

"Since we have started football training, people have been more active, gaining more confidence and are able to concentrate for longer periods of time.

This enables me as a support worker to engage with the person to find out more about them and what they want and need which helps me work in a person centered way."

- Anna Hallam, Support Worker

SESSION DETAILS

Ages: 8 - 16 Years

Wednesday's

5:00pm- 6:00pm

Venue: Princess Royal Sports
Arena, Boston

Cost: £2.50



Ages: 16 Years +

Friday's

10:00am- 11:00am

Venue: Princess Royal Sports Arena,
Boston

Cost: £2.50

WHAT TO BRING

Outdoor and indoor footwear and clothing dependant on time of year, shin pads, drink.

TO BOOK - PLEASE CALL 01205 364406

OR CHECK OUT OUR WEBSITE BELOW



Find out more by e-mailing
ld@bufc.co.uk or visiting:
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