

Why choose our programme

Our sessions have a variety of social benefits including making new friends, improving team skills and boosting confidence.

Plus, here's 4 great health benefits



Burn energy



Improve balance



Increase muscle strength



Improve co-ordination

Inclusive sports timetable

Mon

Boxercise, 5.30pm-7pm
Peterborough Athletics track
Group A: 7-11yrs & group B: 11-19yrs

Tue

Adapted cycling, 5pm-7pm
Peterborough Athletics track
Group A: 7-11yrs & group B: 11-19yrs

Wed

Thu

FINS swimming lessons, 7pm-8pm
Regional Fitness & Swimming Centre
7-15yrs, classes allocated on ability not age

Sat

Boccia Club, 10am-12pm
Peterborough indoor bowls club
Group A: 7-11yrs & group B: 11-19yrs

Sun

Sharks basketball, 10am-12pm
Focus centre
7-11yrs: 10am - 11am & 11-19yrs: 11am - 12pm

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Inclusive sports holiday timetable*

Mon

Balance & co-ordination, 11am-12pm
Hampton leisure centre
All ages

Boxercise, 5.30pm-7pm
Peterborough Athletics track
Group A: 7-11yrs & group B: 11-19yrs

Tue

Dance, 1pm-2pm
Hampton leisure centre
All ages

Wed

Adapted cycling, 10.30am-12pm
Peterborough Athletics track
All ages

Adapted cycling, 5pm-7pm
Peterborough Athletics track
Group A: 7-11yrs & group B: 11-19yrs

Thu

Boxercise, 10.30am-12pm
Peterborough Athletics track
All ages

Fri

Archery, 11am-12.30pm
Jul - Sep: Peterborough Athletics track
Oct - Jun: Focus centre

FINS swimming lessons, 7pm - 8pm
Regional Fitness & Swimming Centre
7-15yrs, classes allocated on ability not age

Sat

Boccia Club, 10am-12pm
Peterborough indoor bowls club
Group A: 7-11yrs & group B: 11-19yrs

FINS swimming lessons, 2pm - 4pm
Jack Hunt Pool & Gym
7-15yrs, classes allocated on ability not age

Sun

Sharks basketball, 10am - 12pm
Focus centre
7-11yrs: 10am - 11am & 11-19yrs: 11am - 12pm

Archery, 12.20pm - 1.30pm
Focus centre
All ages

*Following Peterborough school holiday dates

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