

SPORT FOR CONFIDENCE

INCLUSIVE CHILDREN, YOUNG PEOPLE & FAMILY SESSIONS

During the February school holiday, we are excited to be providing opportunities for SEND children and young people at Riverside Leisure Centre to participate in physical activity whilst also building important skills for development which are age appropriate and are completed in a safe environment.

Sessions will be delivered by an Occupational Therapist and a Specialist Sports Coach to ensure the sessions are accessible, adaptive, active and most importantly fun.

Please use the below contact details to register your interest and discuss any special requirements to ensure that you have a positive experience.



MULTI-SPORTS (CHILDREN AGED 11-16)

Wednesday 15th February
3:00pm–4:00pm

This session involves experiencing a variety of sports which will be decided by the group of attendees. The sports will also incorporate working on social and vocational skills which can be transferred into everyday life. The session will provide the children and young people with an opportunity to try new sports and test out their skills in a safe environment. The session will also incorporate proprioceptive activities to help with self-regulation.



FAMILY SEN ICE SKATING

Friday 17th February
1:15pm-2:15pm

This session is a quiet time for families with SEN children and young people to access the ice rink in a supportive and inclusive environment. Accessing the ice rink is not essential and the time can be spent putting on and getting use to ice skates on the floor. Support from staff will be provided on the rink, but the children and young people should have a designated supporter at all times. If you would like to discuss any additional needs* or requirements, please feel free to contact our Occupational Therapist.

**There are limited wheelchair boards for the ice rink, these must be booked in advance.*



FAMILY SEN SWIMMING

Sunday 19th February
5:15pm-6:15pm

The Sunday swim session is a quiet time to access the pool for those that need it. This session provides a relaxed environment for children and young people with additional needs to enjoy swimming and meet new people. The session is a freestyle session with a swim instructor present to help facilitate access.

£3.50
PER SESSION

CHELMSFORD IS A
CASHLESS VENUE

For all booking and enquiries, please contact
Megan Potts, Occupational Therapist on 07394 564942
or via email at info@sportforconfidence.com