



SEPTEMBER 2009 UPDATE
DISABILITY SPORT WALES - MONMOUTHSHIRE

Chepstow Trampoline Sessions

Chepstow Leisure Centre
 Disability Beginners 3.30-4.30pm
 Disability Improvers 4.30-5.30pm
 Saturday 19th, 26th Sept, 3rd 17th Oct,
 7th, 14th, 21st, 28th Nov 2009
 (A waiting list exists however, please let us know if you are interested)

Claire Lampan
 07753 850550
 Steve Moseley
 01291 426850

Football

Caldicot Town AFC – Disability Session
 @ Caldicot Leisure Centre @ 6-7pm
 Friday 11, 18, 25 Sept/ 2, 9, 16, 23 Oct,
 6, 13, 20, 27 Nov/4, 11, 18 Dec 2009
 (8- 16 yrs – booking form required)

Andrew Edwards
 07805724288
 Mark Foster
 07860 270582

Athletics

Caerwent Indoor Athletics Club (CIAC)
 Caerwent Sport Hall, off Dinham Road
 Monday 7, 21 Sept/ 5, 19 Oct/
 2, 16, 30 Nov/ 14 Dec 2009 at 4.45 -5.45pm
 (8- 16 yrs – booking form required)

Claire Lampan
 07753 850550

Swimability
 (Half term Holidays)

Caldicot L.C & ABERGAVENNY L.C.
 Mon-Fri 11-12noon (provisional)
 Mon 26th –Fri 30th October 09
 (Free 8- 16 yrs – booking form required)

Claire Lampan
 07753 850550

COACH EDUCATION

Sports Coach UK

Coaching Disabled Performers WorkShop

Claire Lampan
 07753 850550

Caldicot Leisure Centre
 Monmouthshire
 Thursday 1st October 2009 at 6.00pm – 9.00pm

(Cost of the course is only £20 **FREE to Monmouthshire Disability Sport Wales Volunteers**)

For regular event updates in Monmouthshire and other areas check out the Disability Sport Wales website: www.disability-sport-wales.org

Kind Regards

Claire Lampan
 Disability Sport Wales Development Officer - Monmouthshire