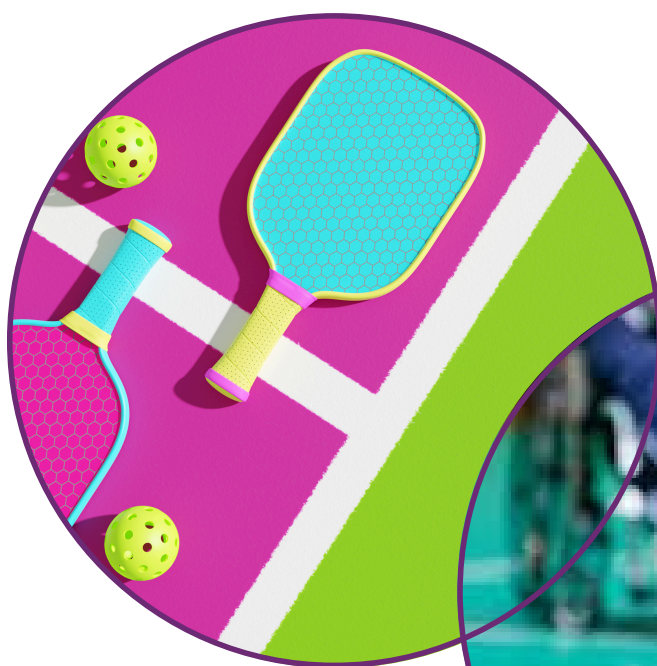


Inclusive Activity Week

International Day of Persons with Disabilities



Fermanagh Lakeland Forum, Enniskillen

**2nd
Dec**

Come along to any of these drop in sessions to try out different activities and have some fun.

Boccia

Times: 9.00am - 9.45am
9.45am - 10.30am
10.30am - 11.15am
11.15am - 12.00pm
12.00pm - 12.45pm

Inclusive Cycling

Times: 9.00am - 9.45am
9.45am - 10.30am
10.30am - 11.15am
11.15am - 12.00pm
12.00pm - 12.45pm



To book the Boccia or Inclusive Cycling please:
[Click Here](#)
or Telephone 028 6632 4121

Bawnacre Centre, Irvinestown

**2nd
Dec**

Fitness Suite

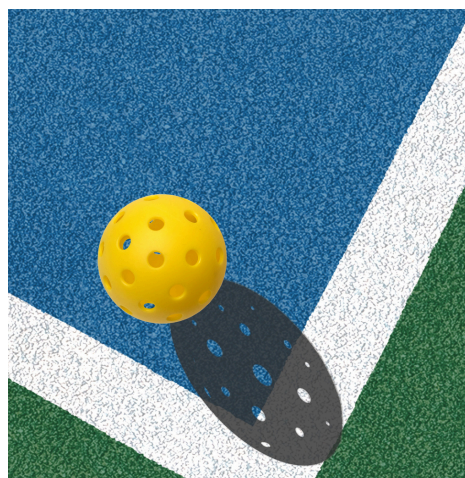
Drop in for a tour of
our Fitness Suite
between 11am - 1 pm

Bowls

Times: 11.00am - 1.00pm

Pickleball

Times: 11.00am - 1.00pm



Arts & Crafts

Times: 11.00am - 12 noon



To book for Arts & Craft:
Email: disability@fermanaghomagh.com or
Telephone 0300 303 1777

Castle Park Centre, Lisnaskea

**3rd
Dec**

Fitness Suite

Drop in for a tour of our
Fitness Suite between
12.00 noon - 12.30pm

Bowls

Times: 11.00am - 1.00pm

Pickleball

Times: 11.00am - 1.00pm

Chair Based Exercises

Times: 11.30am - 12.00 noon

Arts & Crafts

Times: 11.30am - 12.30 pm



To book for Arts & Craft:
Email: disability@fermanaghomagh.com
or Telephone 0300 303 1777

Omagh Leisure Complex

5th
Dec



Supported Sessions & Inductions

An extra member of staff is available from 10.00am - 2.30pm to support people to access classes, show them the facilities or carry out gym inductions.

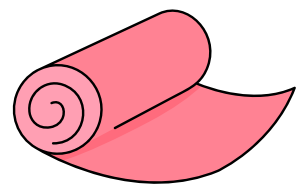
Classes include:

Pilates 9.30am - 10.30am (booking required)

Pickleball - 10am - 12noon

Taster Class - Stretch & Core - 12noon - 12.30

Taster Class - Spin - 1pm - 1.30pm



Arts & Crafts

Times: 11.30am - 12.30pm

To book email: disability@fermanaghomagh.com
or Telephone 0300 303 1777



Information Session - Support & Wellbeing

Times: 11.30am - 2.00pm



Westend Community Centre, Enniskillen

**6th
Dec**

Drop in to the Centre to find out more about support available to people with disabilities.

Information Session - Support & Wellbeing

Times: 11.30am - 2.00pm



Arts & Crafts

Times: 11.30 - 12.30



To book for Arts & Craft:
Email: disability@fermanaghomagh.com
or Telephone 0300 303 1777