



8 week physical activity course for children with Autism and special needs aged between 7-12 commencing in January 2018.

Each session will be divided into 2 parts:

45 mins - **core movement** skills (running, twisting, rolling, jumping etc)

45 mins - **cycle training** (following the accredited cycle rite programme, bikes and helmets will be provided)

Venue: Clarecastle NS

Day: Saturday

Date: 20th January

Time: 9.30-11am

Cost for 8 weeks €50

FREE trial session taking place on Saturday 6th January, 9.30-11am.

Come along, meet the instructors and try it out, we will be taking bookings on the day for the course commencing on 20th January. Places are limited to 20 children.

We need 5 parents to help supervise the sessions each Saturday. It's really just an extra pair of eyes to help the smooth running of each session. Parents will be staying with the children for the duration of the session, so we are asking for a few parents to be named as "on duty" with their vigilant eyes for some of the sessions. The course will not be able to run without parental help.

For further information contact Laura Lyons lauracmchugh@yahoo.ie or 086 3848795

This is a subsidised programme offered by EVA in conjunction with the Clare Sports Partnership