



Dear Parent/Guardian

13<sup>th</sup> August 2014

**FAMILY ACTIVITY DAY FOR YOUNG PEOPLE WITH ADDITIONAL SUPPORT NEEDS**

Please find below details of our first Family Activity Day after the summer, **for anyone up to (and including) age 21!**

As it is getting close to The 2014 Ryder Cup, and PKDS being one of The Official Charities we will have some fun mini-golf and inflatable chip challenge equipment set up to come and have a try. We will also have the trampoline available and other activities if people prefer.

The date for this event is **Saturday 30<sup>th</sup> August, 10am-12noon at the North Inch Community Campus, Perth.**

In addition to the above if you have completed a gym induction with Live Active you can use the campus gym. If you have not, but would like to, and are 12+ – we will have a ‘gym induction’ instructor. This is a great chance to be trained to allow use of the gym in any Live Active locations. **NOTE** - If you are over 12 but not yet 16 you will only be able to use the cardiovascular machines. If you are 16+ you will also be shown how to use the weights.

The costs to people attending (payable on the day) are £3 for 2 people attending or £5 for a family of more than 2 people. Perth and Kinross Disability Sport will continue to sponsor the running of the morning.

If you would like to come along, please email the details below to [lynnmelville@perthandkinrossdisabilitysport.com](mailto:lynnmelville@perthandkinrossdisabilitysport.com)

**Future dates will be:**

- ✓ **Saturday 27<sup>th</sup> September**
- ✓ **Saturday 26<sup>th</sup> October**
- ✓ **Saturday 6<sup>th</sup> December**

Yours faithfully

Perth and Kinross Disability Sport

**Perth & Kinross Disability Sport – Family Activity Day**

**Saturday 30<sup>th</sup> August, 10am to 12noon @ North Inch Community Campus, Perth**

**Name of young person:** ..... **School/College (if applic)**.....

<b>Pre-school age</b>	<b>Primary school age</b>	<b>Secondary school/College age</b>	<b>Adults</b>
..... (number)	..... (number)	..... (number)	..... (number)