



disability athletics

Ashford Leisure Trust runs a number of disability athletics sessions at the Julie Rose Stadium for people of all ages and abilities.

The weekly sessions provide coaching in the sport of athletics and activities will include running, jumping and throwing. The activities we deliver are achievable by all and the individual needs of each participant are catered for.

Parents and carers are asked to stay on site and are welcome to participate if they wish.



When: Thursdays – 16.15 to 17.15

Where: Julie Rose Stadium

Cost: £3.10 per session

For more information please call the Julie Rose Stadium on 01233 613131

