

Member Timetable:

DAY	ACTIVITY	HOW YOU TAKE PART
Tuesday 4.30-5pm	Live Session (via Zoom)	Email: clubs@disabilitysportscoach.co.uk to retrieve your Zoom code
Wednesday 11am	Workout Wednesday	Logon to Facebook, Instagram or Twitter and take part at home
Thursday 3.30pm-4pm	Live Session (via Zoom)	Email: clubs@disabilitysportscoach.co.uk to retrieve your Zoom code
Friday 4.30-5pm	Quiz Time	Email: clubs@disabilitysportscoach.co.uk to retrieve your Zoom code

Activity Information:

1. We Challenge You:

A challenge will be set for you to complete at home. This could be physical or something to improve your health and wellbeing.

2. Live Sessions (via Zoom):

Qualified Disability Sports Coaches will lead a half an hour physical activity session. No specialised sports equipment needed. The session will be overseen by a Disability Sports Coach staff member, who will only admit people that have registered for the session.

To register for the session, email: clubs@disabilitysportscoach.co.uk. Please provide the following details:

- name of the person(s) taking part in the session
- age
- disability
- London borough you live in

The day prior to the session, you will be emailed (or texted-if requested), the session code. To take part in the session, you need to login into Zoom and use the session code.

We will initially, host 2 sessions per week-Tuesdays and Thursdays from 3.30-4pm.

3. Workout Wednesday:

We will set you a fun workout to complete at home.

4. Volunteer Quiz :

Volunteers and senior members are invited for a weekly quiz. 3.30-4pm via Zoom