



# Vivacity

## **SEND Activities & Inclusive Leisure**

**Vivacity's SEND and inclusive leisure programme aims to improve confidence, build strength and develop long term life skills.**

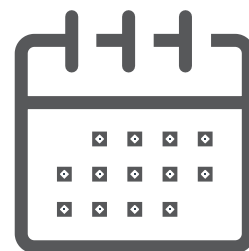
SEND term time activities and holiday clubs provide opportunities for young people aged 7 - 19 with SEND to spend time away from parents and carers (sessions are up to 4 hours).

We also offer a year-round programme of inclusive sport and leisure activities. These aim to engage young people and adults with disabilities to increase their participation in sport.

Visit [vivacity.org](http://vivacity.org) to find out more, email [shortbreaks@vivacity.org](mailto:shortbreaks@vivacity.org) or call **01733 863783**.

**Visit [vivacity.org/shortbreaks](http://vivacity.org/shortbreaks)**





# SEND / inclusive activities calendar

<b>Mondays</b>	8.00am - 9.00am	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre
<b>Tuesdays</b>	8.00am - 9.00am	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre
<b>Wednesdays</b>	8.00am - 9.00am 10.00am - 12.00pm 5.30pm - 6.30pm	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre <b>Adapted cycling</b> at the Embankment Athletics Track <b>Adapted cycling</b> at the Embankment Athletics Track
<b>Thursdays</b>	8.00am - 9.00am 1.00pm - 3.00pm 5.30pm - 7.00pm 6.00pm - 8.00pm	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre <b>Totally Active Club</b> at Hampton Leisure Centre <b>Sensory swim</b> at the Regional Fitness & Swimming Centre <b>Short Breaks SEND Club</b> at East Community Centre
<b>Fridays</b>	8.00am - 9.00am 10.30am - 11.30am 11.30am - 12.30pm	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre <b>Archery</b> at Focus Centre <b>Archery</b> at Focus Centre
<b>Saturdays</b>	10.00am - 12.00pm 1.00pm - 4.00pm 2.00pm - 4.00pm	<b>Boccia</b> at Peterborough Indoor Bowls Club <b>Short Breaks SEND Club</b> at Werrington Leisure Centre <b>FINS swimming lessons</b> at Jack Hunt Pool
<b>Sundays</b>	8.00am - 9.30am	<b>Sensory swim</b> at the Regional Fitness & Swimming Centre

SEND holiday clubs run in all school holidays.  
Visit [vivacity.org/shortbreaks](https://vivacity.org/shortbreaks) for dates.