



DISABILITY  
GYMNASTICS



## Try Trampoline, Gymnastics or Cheerleading for FREE!

Do you have a disability? Do you want to try a new sport or meet new friends?

We have the perfect thing for you! AAAsports are hosting Free Taster days and we would like you to come and join in the fun!!

**When:** 17<sup>th</sup> February 1:00pm-3:00pm AND 18<sup>th</sup> February 2:30pm-4:30pm

**Where:** AAAsports Sunderland, Shakespeare Street, Sunderland, SR5 2JF

**Who is it for:** Anyone with a disability who wants to try out Gymnastics, Trampolining or Cheerleading

**How do I book:** Contact [emily.morritt@AAAsports.co.uk](mailto:emily.morritt@AAAsports.co.uk) or 0333 577 6787



Friends, family and carers are all welcome to attend.

All AAAsports Coaches are qualified and have undergone safeguarding training. We also have extensive training in a wide range of disabilities.

Our training includes:

- British Sign Language
- Makaton
- ASD
- Adapting the Gym for Wheelchair users
- Physical Disabilities
- Learning Disabilities

