



# **Crinkle Sports & Recreation Centre**

## **South Offaly Sports Hub**



*Boherdeel Rd. Crinkle, Birr, Co. Offaly R42 VP99*

### **Crinkle Sports & Recreation Centre / South Offaly Sports Hub**

#### **Physical Activity Programme for Children with Disabilities**

CSRC is offering a one to one physical activity programme for Children with Disabilities delivered for 1 hour per week over 6 weeks.

The service will provide a physical activity programme tailored to individual needs of each participant delivered by trained fitness instructors / sports coaches with experience in delivering programmes to people with disabilities.

The expected benefits for participants include:

Improved stamina and muscle strength

Improved physical and mental wellbeing

Reduced symptoms of anxiety and depression

Assist with de-escalation of behaviours that challenge

The programme will be delivered in Crinkle Sports & Recreation Centre but is open to parents to participate and develop the necessary skills to carry out similar exercises and activities in their own home thus ensuring maximum benefit is achieved for the family unit.

For further information please contact Declan

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