

Regen Actively Inclusive

All Free!

Come along to one of our 'try-it' physical activity events, in a welcoming, accessible & social environment

- Tuesday 31st Oct - 10-12
- Monday 6th Nov - 2-4
- Friday 17th Nov - 1.30-3.30

Open to everyone, of any age, interested in becoming or returning to being active

For more information contact Matt:

07946 321680

matt@selbydistrictavs.org.uk

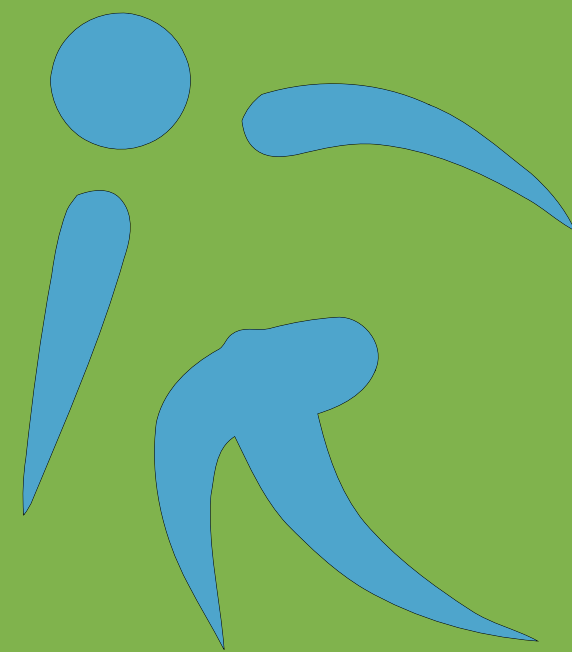


The Regen Centre, Landing Lane, Riccall YO19 6PW

Registered Charity No: 1075776

Company Ltd by Guarantee No: 3905959

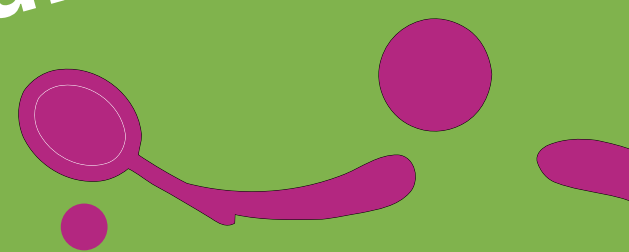
Inclusive Cricket



Pickleball



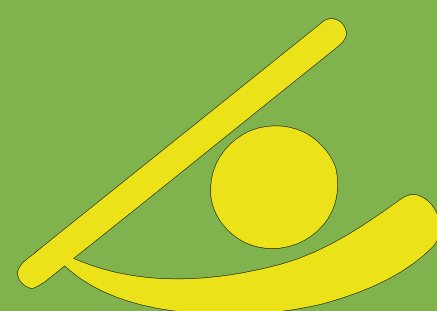
New Age Curling



Inclusive Tennis



Goalball



Seated Exercises



Boccia



Archery

