



# WEEKLY TIMETABLE

**PLEASE SEE THE TIMETABLE BELOW FOR DETAILS ON WEEKLY SPORT & PHYSICAL ACTIVITY SESSIONS THAT ARE CURRENTLY AVAILABLE FOR ADULTS WITH LEARNING DISABILITIES / DIFFICULTIES:**

	SPORT	TIME	VENUE	CONTACT	PRICE
Mon	GLOW SPORTS (Term Time)	10-10:40AM	NSC Secondary Hall	Zoe (MSR) 688575	£2.00
Mon	MULTI SPORTS (Term Time)	11-12PM	NSC Secondary Hall	Zoe (MSR) 688575	£2.00
Mon	WALK & TALK (South)	10-11:30AM	Poulsom Park, Castletown	Zoe (MSR) 688575	£2.65
Mon	JUST SWIM (Term Time)	11:30-12PM	NSC Flow Pool (Quiet Pool Time)	Pay at NSC Reception (688588)	£2.45
Mon	SWIM 4 ME (Quiet Pool Time / No Instructor)	2:30-3:45PM	NSC Swimming Pool	Zoe (MSR) 688575	£2.45
Mon	Pisces Swimming Session	6:15-7:15PM	Glencrutchery Swimming Pool	Contact Barry (494761) prior to first session	-
Mon	Special Olympics KEEP FIT	6-7PM	Centre 21	Tony (355462)	-
Mon	Special Olympics CYCLING	6-7PM	Centre 21	Adrian (433486)	-
Mon	Special Olympics BADMINTON	7-8PM	Centre 21	Dave (457625)	-
Tues	WALK & TALK (East)	9:30-11:30AM	NSC Athletics Track	Zoe (MSR) 688575	£2.65
Tues	BEGINNER'S BOXERCISE	1-1:45PM	NSC Secondary Hall	Pay at NSC Reception (688588)	£2.00
Tues	*Supported Gym Session	12-1PM	NSC Gym	Contact Zoe prior to first session to arrange Gym Induction (688575)	£2.85
Tues	Special Olympics GYMNASTICS	6-7PM	Manx Gymnastics Centre	Haresh (402067)	-
Tues	PARACISE (Low impact exercises to music)	2-2:45pm	NSC Secondary Hall	Pay at NSC Reception (688588)	£2.00
Tues	Special Olympics SWIMMING	7-8pm	NSC Swimming Pool	Contact Barry (494761) prior to first session	-



**PLEASE ENSURE YOU BRING YOUR MSR SCORECARD TO ANY MSR SESSION IN ORDER TO RECEIVE THE DISCOUNTED RATE AND EARN MSR LOYALTY POINTS!**

IF YOU DO NOT HAVE A MSR SCORECARD PLEASE ASK AT THE NSC RECEPTION WHO WILL THEN CREATE ONE FOR YOU. PLEASE BRING A COPY OF YOUR DISABILITY LIVING ALLOWANCE LETTER TO ENSURE YOU RECEIVE THE DISCOUNTED RATE. FREE ENTRY IS ALSO THEN PERMITTED FOR A CARER / FAMILY MEMBER / FRIEND.

**\*SUPPORTED GYM SESSIONS:  
INDIVIDUALS MUST ATTEND A GYM INDUCTION PRIOR TO THEIR FIRST SESSION. THESE CAN BE ARRANGED FREE OF CHARGE THROUGH ZOE: 688575 / LESLEY: 686852**

**SWIM 4 ME**  
**DURING SCHOOL HOLIDAYS:**  
• MONDAYS CHANGE TO 4-5PM  
• WEDS CHANGE TO 4:30-5:30PM

**JUST SWIM: QUIET POOL TIME  
(POOL STILL OPEN TO THE PUBLIC)**

**DISABILITY SPIN: MOVES TO SQUASH  
COURTS DURING SCHOOL HOLIDAYS**

**PLEASE ADVISE THE NSC  
RECEPTIONISTS IF YOU REQUIRE USE  
OF THE POOL HOIST / POOL BED OR  
POOL POD.**



**Special Olympics**  
Isle of Man





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Mon	Special Olympics KEEP FIT	6-7PM	Centre 21	Tony (355462)	-
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Wed	Gentle Movements (Term Time Only) Water aerobics to music	9:30-10AM	NSC Flow Pool	Pay at NSC Reception (688588)	£2.00
Wed	WALK & TALK (North)	10-11:30AM	Mooragh Park, Ramsey (Register at Pavilion next to Costa)	Zoe (MSR) 688575	£2.65
Wed	SWING OF THINGS (Term Time) Badminton, Pickleball, Table Tennis & Squash	10-12PM	NSC Main Sports Hall	Zoe (MSR) 688575	£2.00
Wed	JUST SWIM (Term Time)	11:30-12PM	NSC Flow Pool (Leisure Pool)	Pay at NSC Reception (688588)	£2.45
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Wed	PISCES SWIMMING	6-7:30PM	Glencrutchery Pool	Contact Barry (494761) to Book	-
Wed	Special Olympics BOCCE	6:30-8PM	Centre 21	Janet (494942)	-
Thurs	DISABILITY SPIN (Term Time)	11-11:30AM	NSC Secondary Hall	Zoe (MSR) 688575	£2.00
Thurs	WALK & TALK (West)	10-11:30AM	Peel Promenade	Zoe (MSR) 688575	£2.65
Thurs	*SUPPORTED GYM SESSION	1:30-2:30PM	NSC Gym	Contact Zoe prior to first session to arrange Gym Induction (688575)	£2.85
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Fri	DISABILITY SPIN (Nov - March)	1-1:30PM	NSC SECONDARY HALL	Zoe (MSR) 688575	£2.00
Fri	BIKE 4 LIFE (April - October)	1:30-3PM	NSC RACEWAY	Zoe (MSR) 688575	£2.00
Fri	Special Olympics FOOTBALL	5:30-7PM	Ballakermeen High School Sports Hall	Peter (396712)	-
Sat	Special Olympics ATHLETICS	9:30-11:30AM	NSC Gym & Track	Tony (355462)	-
Sat	Special Olympics CYCLING	10:15-11:30AM	Centre 21	Adrian (433486)	-
Sun	Special Olympics 10 PIN BOWLING	10-11:30AM	Ramsey Bowling	Janet (494942)	-



**SPECIAL OLYMPIC SESSIONS - SESSIONS ARE FACILITATED BY QUALIFIED COACHES.**  
**PAYMENT FOR EACH SPORT VARIES. PLEASE CONTACT THE DESIGNATED LEAD COACH FOR MORE INFORMATION**

**FOR MORE INFORMATION PLEASE CONTACT ZOE CROWE: 688575 / ZOE.CROWE@GOV.IM**  
**BOOK ONLINE: MSR.GOV.IM /CONTACT NSC RECEPTION: 688588**



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