

BANBURY AND DISTRICT SPORTS ASSOCIATION FOR THE DISABLED

- . Exercise Improve your fitness and mobility at your own level
- . Sport Compete to achieve your own goals
- . Fun Make new friends and enjoy yourself
- . Socialise Regular meetings most Wednesdays
- . Travel Go away to competitions if you wish

BADSAD meets most Wednesday evenings at 7.30 pm in the sports hall at Spiceball Park Sports Centre. We offer on a regular basis bowls, badminton and table tennis, and on a casual basis boccia, darts and skittles and also practice for any events members are competing in at outside competitions.

Please ring before attending to confirm we are meeting on that Wednesday

For further details please contact:
Joan Hancock on 01295 258556