

Youth Participation

Arts

Clubs

Leader Training

Awards

Mentoring

Sports

Partnerships

Fun

People

Linking-In

Outreach

Training

Quad Biking



SportsMobile



Taking Activity to the Community

A Partnership Project with Lancashire County Council



M.A.C.

Mobile Activity Centres Project

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SportsMobile

The SportsMobile is one of three Mobile Activity Centres which are taken into the community. The aim is to provide more opportunities for young people to participate and gain a healthy lifestyle through an interest in sport and leisure.

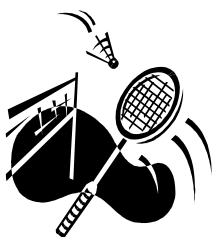
Sports Available

Uni-Hoc, Short Tennis, Softball, Volleyball, Kwik Cricket, Football and many more.



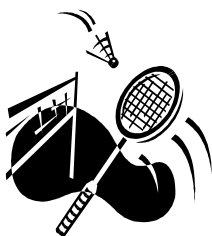
Alternative Activities

Assault Course, Pillow Bashing & Tug of War are useful additions for, fetes, carnivals and fun days.



Fitness

'Get Active' is a national fitness scheme that incorporates fitness testing and exercise programmes which result in certificates for all who participate.



Activity Choices

- | | |
|-----------------|-----------------|
| Indoor Bowls | Stool Ball |
| Handball | Short Tennis |
| Volleyball | Basketball |
| Skittleball | Football |
| Uni—Hoc | Tag Rugby |
| Parachute Games | Earthball |
| Softball | Pillow Bashing |
| Rounders | Obstacle Course |
| Danish Longball | Archery |
| Team Building | Get Active |
| Badminton | |

Conditions of use:

The content of each session must be agreed **before** bookings are confirmed, e.g. Multi Activity, Basketball, Volleyball.

Assistance is required to set up all large pieces of equipment.

Please ensure that senior members or group leaders are available. Use of the Obstacle Course will require at least **3** people to set up, and take down the equipment also to help supervise the session.

It is **expected** that **leaders play an active part** in the sessions