

Boccia Festival – a great event for the over 50s!

From Dundee Voluntary Action :

The Boccia Festival is taking place tomorrow – Monday – between 10.30am and 1.30pm at DISC.

If you have never played Boccia before, come along and have a go! Suitable for beginners. Boccia can be played standing up or sitting down and ramps can be provided if you have a limited strength or range of movement.

Remember, we have OPEN Funded Boccia equipment available for loan to over 55s, so this would be a good opportunity to learn how to use it. We are also keen to start a new Boccia League for interested people.

Individuals and teams of 3 welcome. You can register in advance or just come along on the day, but come along a little earlier so we can get you registered. We need to know your name and age and if you consent to photos.

If you require transport, please get in touch on 305745 first thing tomorrow. Refreshments and lunch provided.

Free
Fun Day for
+50yrs

Boccia Festival

Monday 12th August 2019

10.30am - 1.30pm

in Dundee International Sports Centre (DISC),
DD4 7AA

'Come and Try' Sessions

Teams of 3

All welcome

Similar to Boules or Petanque, Boccia is a game of attack and defence where each side tries to score as many points as possible by placing their own coloured balls closest to the jack (white) ball.

Suitable for *all abilities* - you can play standing up or sitting down and can play with the assistance of a ramp if your range of mobility is limited.

Come along and learn to play.

The day will consist of fun challenges to test your skill and finish with some competitive matches.

3 players will form a team on the day. Individuals and organisations welcome.

Individuals will be allocated to a team on the day.



Refreshments provided and transport if required

To book a place or for any queries contact:
Nicola on 01382 305745 or Darren on 01382 436963/
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