

Salt Ayre Leisure Centre have launched some new sessions for children and young people with additional needs. No proof necessary. Please book via the links below and here [Additional Needs Sessions - Lancaster City Council](#)

**SEN X-Height Climbing Sessions** This session is for children with Special Educational Needs. We use fun sensory activities on the wall to improve climbing ability and confidence. This is also a session that helps to give a comfortable place in which to socialise and raise confidence. Suitable for 5+ years. All children must be accompanied by an adult (Parent guardian/ Carer), non-climbing.

#### Mid-week

Thursdays, 5pm - 5.50pm & 6pm - 6.50pm

£6 per chi

Parent/Guardian/Carer goes free

[Book your place today!](#)

#### Weekends

Sundays, 4pm - 4.50pm

£10 per child

Parent/Guardian/Carer goes free

[Book your place today!](#)



#### SEN Climbing Club

Starting Wednesday 21st September

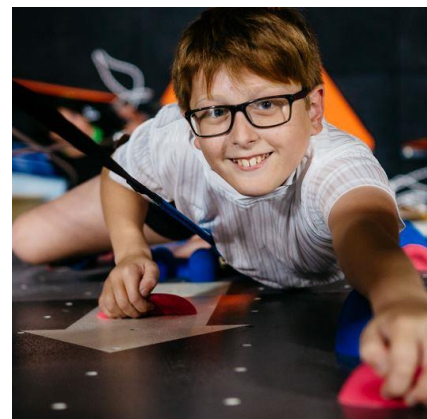
Runs for 5 consecutive weeks

£60 per child

4pm - 5pm 5 - 7 years

5pm - 6pm 8 - 12 years

All children must be accompanied by a non-climbing parent/guardian/carer



Our XHeight Climbing Club is a fantastic way for climbing enthusiasts to hone their skills with our friendly team on hand to 'show you the ropes'. It's also a wonderful way to meet new people, build strength and confidence. These small group sessions will be specially adapted for those with special educational needs. Please feel free to contact us via [saltayre@lancaster.gov.uk](mailto:saltayre@lancaster.gov.uk) or call 01524 847 540 if you have any queries prior to signing up for the course.

[Book Now! 5 - 7 years SEN Climbing Club](#)

[Book Now! 8 - 12 years Climbing Club](#)

## EN Energy Indoor Soft Play Sessions

Sundays, 4pm

£5 per child

Parent / Guardian / Carer goes free

[Book your place today](#)

These play sessions are designed for children with Special Educational Needs in mind. This is also a session that helps to give a comfortable place in which to socialise and raise confidence. Suitable for 5 - 12 years, Max height of 148cm applies. All children must be accompanied by an adult (Parent guardian/ Carer).



## Network Wheels Disability Bikes

Tuesdays: 12.45pm - 1.30pm

1.45pm - 2.30pm

Thursdays: 10.30am - 11.15am

11.30am - 12.15pm

£5 per person

Suitable for 16 years+ with additional needs. Parent/Guardian/Carer goes free. Must sign disclaimer for those under 18 years old.



Lead by our specialised team, Network Wheels is a fantastic session which offers access to 2 wheeler bikes, trikes, side by sides, wheelchair bikes and other bikes with adaptations added to them. So, no matter what the disability we are able to assess what bike is comfortable for the individual, so they can get active. The majority of individuals come with carers or parent/guardians and can take part in the session together.

We also have an outside cycle skills area which can be accessed in nicer weather as long as helmets are worn. All participants need to be accompanied by an responsible adult whilst outside. This session is great for physical, social and emotional wellbeing.

If you're attending Network Wheels for the first time you will need to be assessed before you access the session. Please email [jburbidge@lancaster.gov.uk](mailto:jburbidge@lancaster.gov.uk) to book an appointment.

[Book your place now!](#)