

# DADLG

Registered Charity Number

1049610



## **Community Short Breaks Services: Weekly Activities**



**Taekwondo Club**  
**Mondays 6p.m.—7p.m.**  
**Bishop Middleham Village Hall**  
**Front Street**  
**Ferryhill**  
**DL17 9AJ**

**Cost: £3 per session**

**You will become a member of British Taekwondo, go for gradings if you wish and have opportunities to compete in events. This club is also for those who just want to learn Taekwondo.**

**To request places contact  
[dadlg08@googlemail.com](mailto:dadlg08@googlemail.com)**

## **TERM TIME YOUTH CLUB**



**Age 11+**

**Mondays**

**6p.m.—7.30p.m.**

**Vane Tempest Hall, Maynard's Row,  
Gilesgate, Durham, DH1 1QF**

**£2 per participant. Parents and Carers  
Free. Includes refreshments. So we know  
how many are coming please**

**email:[dadlg08@gmail.com](mailto:dadlg08@gmail.com)**

**Call: 07592 366454**

# **ROF59 Trampoline / Climbing Club**



**Tuesdays 5pm.—7 pm.**

**ROF59**

**Durham Way South**

**Aycliffe Business Park**

**DL5 6XN**

**£4 per jumper!**

**You must book with DADLG no later  
than 12 noon each**

**Monday for that week's session**

**[dadlg08@googlemail.com](mailto:dadlg08@googlemail.com)**

**Call: 07592 366454**

# **Trampoline Club**



**Belmont Industrial Estate, Durham**

**DH1 1GG**

**Wednesdays**

**5.30p.m. - 6.30p.m.**

**Please arrive between 5p.m. and 5.15p.m.**

**Age 6y+**

**This is an 'open jump' session £4 per jumper!**

**You must book with DADLG no later than 12  
noon each**

**Monday for that week's session.**

**[dadlg@googlemail.com](mailto:dadlg@googlemail.com)**

**Call: 07592 366454**



## **Taekwondo Club**

**Fridays 6p.m.—7p.m.**

**at Lanchester Community Centre**

**Newbiggen Lane, DH7 0NT**

**Cost: £3 per session**

**You will become a member of British Taekwondo, go for gradings if you wish and have opportunities to compete in events. This club is also for those who just want to learn Taekwondo.**

**To request places contact [dadlg08@googlemail.com](mailto:dadlg08@googlemail.com)**

- Child/young person's name, home address and postcode.**
- The main disability of your disabled child/young person.**
- How many children attending.**

**Email: [dadlg08@gmail.com](mailto:dadlg08@gmail.com)**

**Call: 07592 366454**