

# 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**

# **Trampoline Club**



**Belmont Industrial Estate, Durham**

**DH1 1GG**

**Tuesdays**

**5.00p.m. - 6.30p.m.**

**Wavier needs to be done for everyone going on**

**£4 per jumper!**

**You must book with DADLG no later than 12  
noon each Friday for that week's session.**

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

**Call: 07592 366454**



# **THE BOUNCE** **HOUSE**

**Indoor Inflatable Play Park All ages, including toddler area**

**Come and join our sessions—booking essential as places are limited**

**Wednesdays 5p.m. - 7p.m.**

**£4 per participant**

**All participants must complete a waiver before using the equipment. Socks must be worn. To book please email or phone**

**Email: [dadlg08@gmail.com](mailto:dadlg08@gmail.com)  
Mobile: 07592 366454**

**The Bounce House  
Unit 6/7 Enterprise City  
Spennymoor  
DL16 6JF**