



Saints Autism Rugby/Football Team

Held at Cowley high school
Tuesdays 4.30-5.30
£3 per child

Starting on 5th of September

Sessions are run by autism trained saints coaches

Contact Michelle O'Brien on 07979187984

Or

gareth.friar@saintsrffc.com

**Rugby/football promotes self esteem,
positivity, self expression and physical
wellbeing**



Saints Community Development

foundation

Inspiring Communities Through Sport





Saints Autism Cheerleading

Held at the Saints community room
Monday 5:15pm - 6:15pm
£3 per child

Cheerleading classes for children with disabilities
age 3 upwards, fun safe classes for all levels of abilities

Run by autism trained saints coaches

Contact Michelle O'Brien on 07979187984

Or

gareth.friar@saintsrffc.com

**Cheerleading promotes self esteem,
positivity, self expression and physical well
being.**



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