



@Lakes College

# BOCCIA CLUB

## DETAILS

### *So what is Boccia?*

- Boccia (pronounced 'Bot-cha') is a Paralympic sport introduced in 1984
- It has no Olympic counterpart
- It is designed specifically for athletes with a disability affecting loco motor function
- It is played indoors on a court similar in size to a badminton court
- Athletes throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to a 'jack' ball – For more info visit : [www.gb-boccia.org](http://www.gb-boccia.org)

### *The Benefits of taking part in our Boccia club are:*

- It is a Paralympic Sport with real opportunity and playability
- It is good for hand eye co-ordination and it improves basic motor skills
- It is fun to take part in
- Get the opportunity to make friends and meet new people
- You get to come to a nice warm friendly environment
- If you have a competitive streak in you it gives you the chance to size up the competition and play against other people in a safe, friendly competitive way

**Time: Mondays – 12:30pm-1:30pm      Wednesdays – 3:30pm-4:30pm**

**Price : £2 a session**

At the Active Zone Sports Hall



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