



**Do you have a disability?**  
**Have you ever wanted to play a sport?**  
**We can accommodate you!**

**Registration for SD Lambton - Sports for the Disabled is taking place June – Sept. 2010. Please register early as spaces are limited. Pre-registration and an opportunity to try a sport will be made available.**

**Funding is available!**

***Sledge Hockey***

In specially designed sleds, athletes use shortened sticks with picks on the ends to move around the ice. This team sport is an excellent way to meet new friends and stay active. There are several practices per month, games, and tournaments.

***Track and Field***

Included are all of the standard throwing, jumping, and racing events. Blind, wheelchair, amputee and other disabilities are represented. Athletes compete against others with similar levels of disability. There is one practice a week from January – June with opportunity to compete.

***Swimming***

The swim program encourages fitness and/or competition in a team atmosphere. Athletes race against each other similar disabilities, in short, middle, and long distance events. Our swim program runs from October to May with one weekly practice and opportunity for meets.

***Boccia Ball***

Boccia is similar to lawn bowling and relies more on strategy and focus than strength. It is played indoors in teams and individually. Boccia Ball is an amazing sport with many opportunities for travel and competition. It is played year round with one practice weekly and opportunities to compete.

***Weight Training***

Weight training is available year round through SD Lambton to supplement your sport.

**For more information please check out the website or call Joanne 519-336-7492**

Website: [www.sdlambton.com](http://www.sdlambton.com)

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