

Timetable for Options Week 16th-20th August 2010

	Morning	Afternoon	Evening
Monday 16th	Strength & Fitness Class 1030-1200 Physio gym, QENSIU Have your fitness or strength tested and learn how to maintain your fitness and strength out of the unit	Wheelchair Football 1400-1600 Scotstoun Leisure Centre Try training exercises and play wheelchair football.	Wheelchair Athletics 1900-2100 Crown Point Stadium, Glasgow Trial track or field events.
Tuesday 17th	Strength & Fitness Class 1030-1200 Physio gym, QENSIU Have your fitness or strength tested and learn how to maintain your fitness and strength out of the unit.	Community Challenge 1130-1600 Glasgow City Centre Work as a team to work on skills you will need in the community on discharge from the unit e.g. Public transport, hard to access shops etc	
Wednesday 18th	Day out at Castle Semple, Lochwinnoch 1st bus leaving at 1100 with returns as required up to 1730 Try out sailing, kayaking, canoeing, handcycling Will also have a BBQ and boat trips around the loch in a fully accessible boat for those who may not be able to sail themselves		
Thursday 19th	Strength & Fitness Class 1030-1200 Physio gym, QENSIU Have your fitness or strength tested and learn how to maintain your fitness and strength out of the unit.	Wheelchair Basketball 1300-1430 Wheelchair Rugby 1430-1600 Scotstoun Leisure Centre Try basketball or rugby sports chairs, experience training drills and learn how to play the game.	Movie and Presentation Night from 1800 Main gym area QENSIU Viewing of Murderball, a documentary film about the USA and Canada Wheelchair Rugby Teams with popcorn and ice creams. Will also be presenting awards from the week.
Friday 20th	Day out at Xscape, Braehead 1st bus leaving at 1100 with returns as required up to 1630 Try sit skiing, 10 pin bowling, adventure golf, go for lunch, go to the cinema and experience all that Xscape has to offer.		

Let Claire Lincoln know by Friday 13th August what you plan to attend