



ARGYLE COMMUNITY TRUST PRESS RELEASE

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ACTIVE ARGYLE

ACTIVE Argyle is all about offering fitness opportunities to people aged 14 or older and with a disability.

Ranging from Football to Boxercise, Active Argyle aims to open an innovative sports programme to engage young people with a disability. From 4.45 to 6pm every Monday, young people will be able to participate and learn a new sport, whilst playing alongside their peers and building up friendships.

Argyle introduces this programme in partnership with Active Devon and Plymouth City Council. Active Devon is a network promoting a healthier and active lifestyle to many people across Devon, and work to encourage similar programmes elsewhere.

Launching on July 25th, don't miss out on your first free session at Argyle's New Multi-Sport Programme. For more information or for any questions, contact the trust on 01752 562561 ext. 4 or email josh.grant@pafc.co.uk



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