

CareSports Session Price and Benefits

£50 per 1-hour session

One simple price. Everything included.

What's Included:

- Fully adaptable activities for all ages, abilities, and mobility levels
- Choice of 10+ sports – seated, standing, or mixed
- Specialist Qualified & Trained Instructors
- All equipment provided – ready to use, no setup hassle
- Safeguarding-trained, First Aid certified, enhanced DBS-checked and Insured Instructors
- Fun, engaging, and person-centred delivery
- Session planning tailored to your group's needs and abilities
- Travel within your local area included
- Themed sessions throughout the year to keep activities fresh and engaging (*availability may vary by care setting*)
- Community involvement – inviting nursery and school children to join activities, and supporting colleges and universities with training opportunities (*availability may vary by care setting*)

*****All packages operate on a rolling monthly contract. Clients can cancel at any time with just one month's notice. No hidden fees. No complicated packages. Just engaging, adaptable activities designed to get everyone moving, smiling, and feeling included.*****

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