

# **PAN DISABILITY FOOTBALL SESSIONS**

**CARLISLE UNITED COMMUNITY SPORTS TRUST  
WEEKLY PAN DISABILITY SESSIONS**

**ADULTS 4:30PM-5:30PM  
KIDS AND YOUTHS (6-18 YRS)  
5-30PM-6:30PM  
WEDNESDAYS**

**CARLISLE YOUTH ZONE**

**FIRST WEEK FREE THEN  
£1 PER WEEK**

**FOR MORE INFORMATION CALL/TEXT  
07512305865 OR EMAIL  
INCLUSION@CARLISLEUNITEDCST.CO.UK**

