



Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls. It is a target ball sport which tests both muscle control and accuracy. Visit our [what is boccia webpage](#) for more detailed information.

Originally designed for individuals with severe physical disabilities, the game has branched out to include all

disabilities. Even able-bodied people can play boccia in a social setting as long as you stick to the rules and stay seated during play.

CWSC currently have sessions at:

**The Sands Centre, Carlisle**

Wednesday evening, 6:30 –7:30pm

£4 per session

All clubs are fully inclusive they are a great social event as well as sporting a chance to meet new friends and play sport.



For further information Contact Ray McBride: 07827 447274