



WHEELCHAIR RUGBY TASTER DAY

Join us for a taster game. Make friends. Meet Paralympians. Enjoy a tasty lunch. All disabilities welcome.

Give wheelchair rugby a try! Whether you've never tried wheelchair rugby before or just want to get back into sport, come along and give it a go!

No experience needed, just bring yourself and be ready to try something new.



Thursday
8 October, 2026



Join us
10am - 4 pm



Penarth Leisure Centre
Andrew Rd, Cogan,
CF64 2NS



REGISTER NOW

regaincharity.com/event/wheelchair-rugby-taster