



# ASN BOCCIA @ GRACEMOUNT LEISURE CENTRE

## What is Boccia?

Boccia (pronounced botcha) is a target sport played indoors on a court. Players propel a boccia ball by rolling, throwing or kicking it towards the target jack ball. As an activity, boccia is similar to boules or pétanque but uses a soft leather ball, which means it can be played at any time in any place and by anyone.

## Who can play?

Boccia is ideal for all people with a disability and is popular with wheelchair users and individuals with cerebral palsy, learning disabilities and acquired age-related disability.

**FREE  
TRIAL**

**P3+ TUESDAY  
18:25 – 19:10**

**ADULTS TUESDAY  
19:15 – 20:00**

**CONTACT US FOR  
MORE INFORMATION  
OR TO ARRANGE A  
TRIAL SESSION**

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