LLAMAS LGBTIQ+ YOUTH / **SPORTS GROUP**

A free weekly physical activity group in Glasgow for 13-17-year-olds identifying as LGBTIQ+ or questioning.

- 2h sessions on Wednesday evenings
- 4-week blocks of different physical activities instructed by inclusive coaches
- Social activities and snacks!

Activities decided by you!

Kind, fun, & inclusive space

No sports experience necessary

Neurodivergent & mental illness friendly

For all **bodies**

Activities like: tennis

"fencing archery skateboarding volleyball badminton basketball football swimming parkour bowling climbing dancing ice skating hockey curling

Feel better!

Learn something new!

Make new friends!

HAVE QUESTIONS? CONTACT: youth@leapsports.org

