


Ulike fritidsaktiviteter







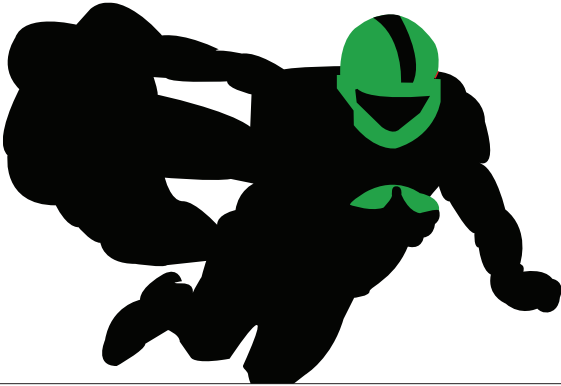
Denne brosjyren er ment
å være til inspirasjon
for deg
som ønsker
å finne ut hva slags
fritidsaktivitet
du kan tenke deg
å begynne med.



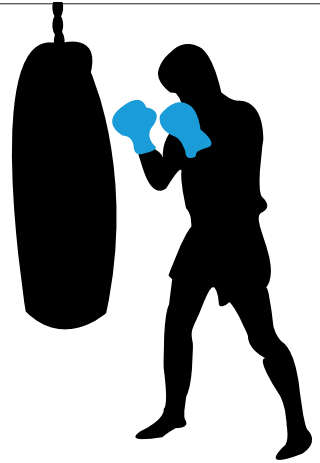
Akvarie



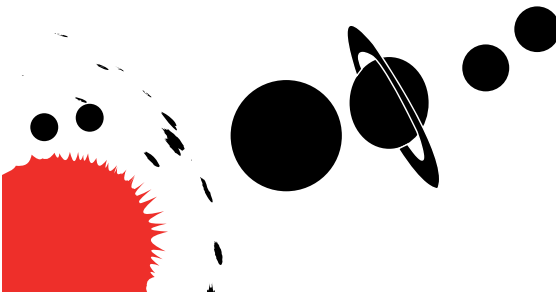
Ballett



Amerikansk fotball



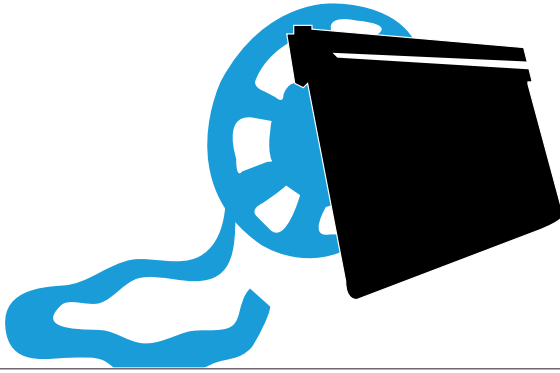
Boksing



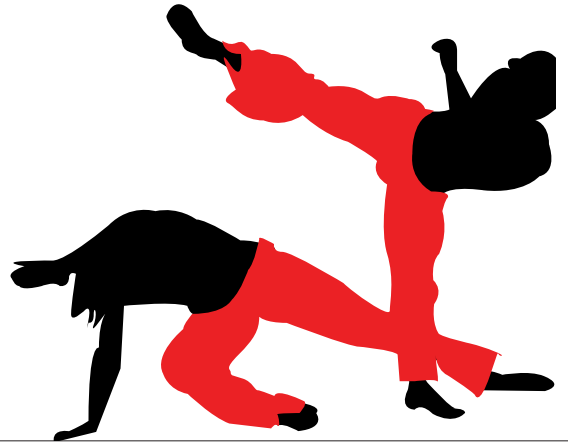
Astronomi



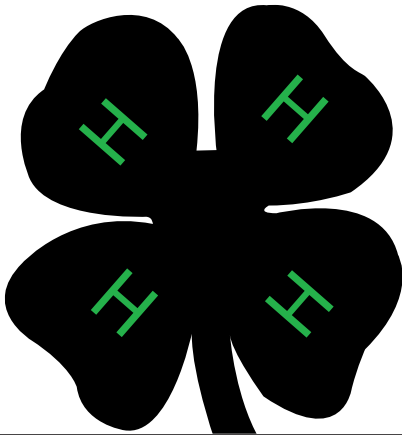
Fotografering



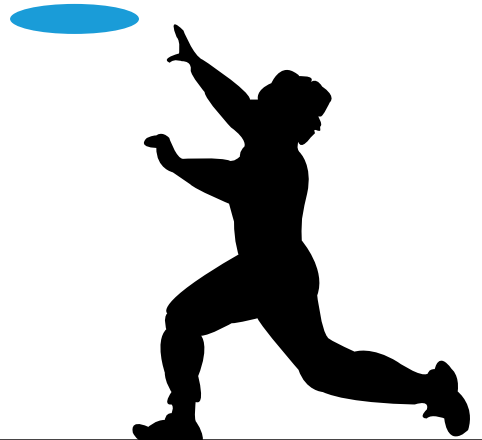
Film



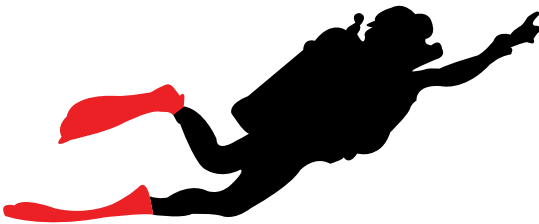
Capoeira



4H



Frisbee



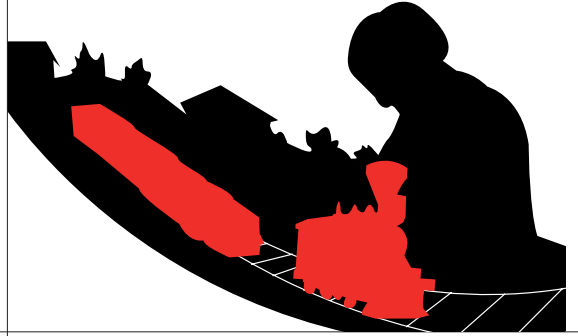
Dykking



Bowling



Håndball



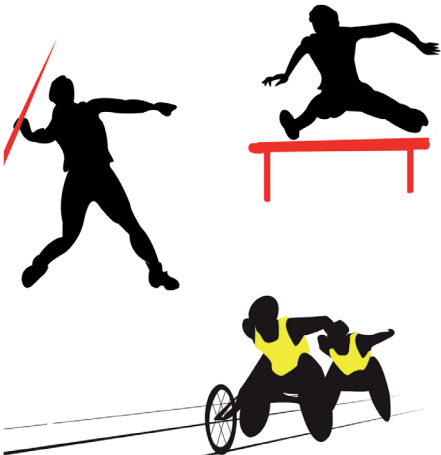
Modelljernbane



Geværskyting



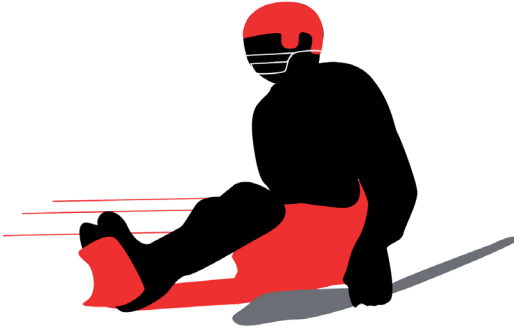
Innebandy



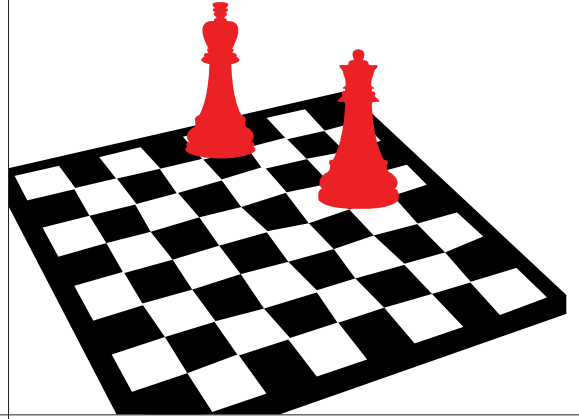
Friidrett



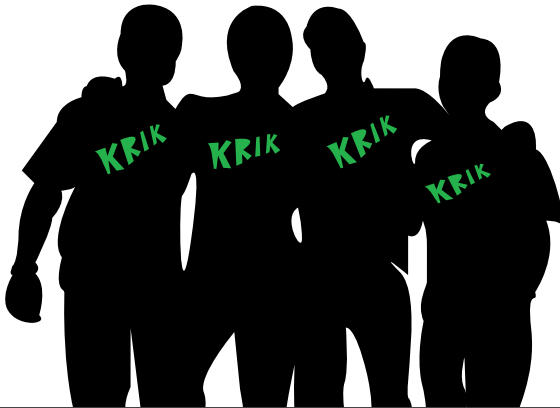
Jazzballett



Kjelkehockey



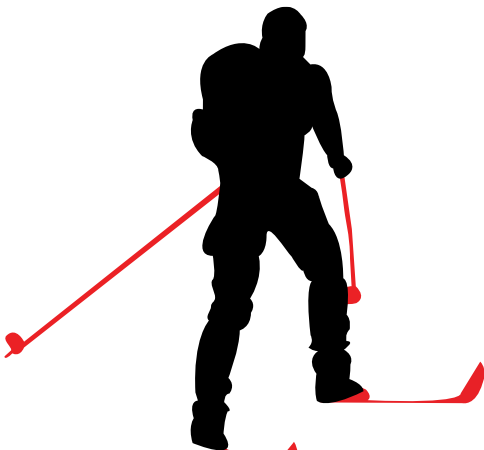
Sjakk



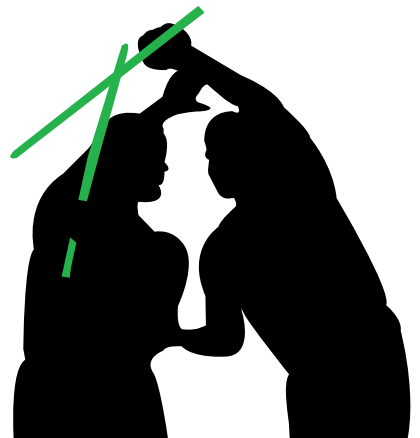
KRIK



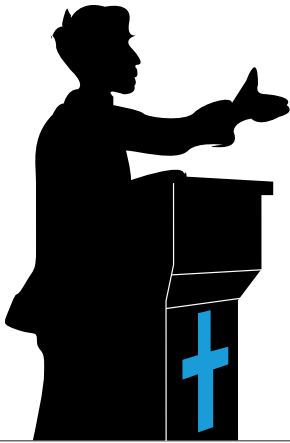
Magedans



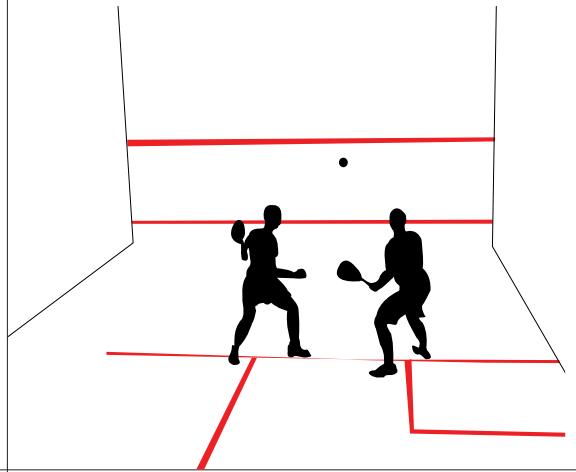
Skiaktiviteter



Kali Sikaran



Deltagelse i menigheter



Squash



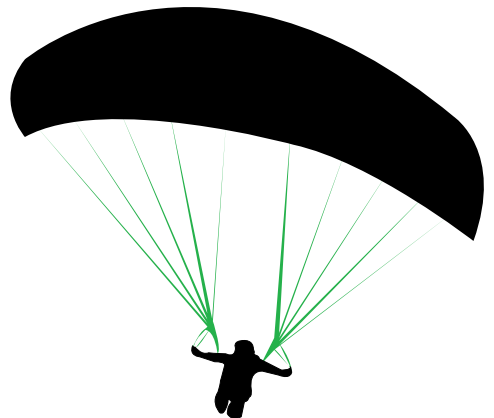
Paintball og softgun



Musikk



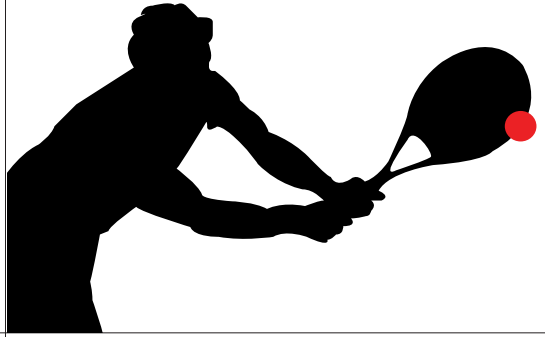
Stuping



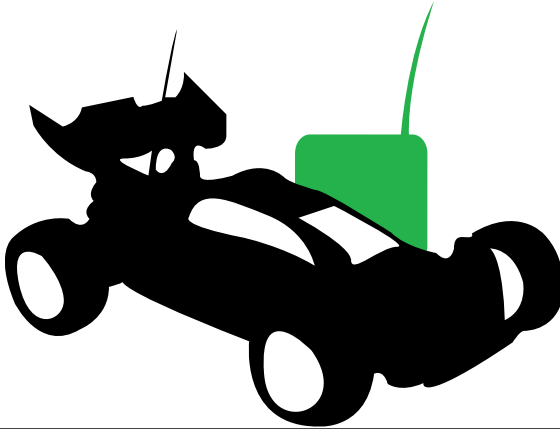
Paragliding



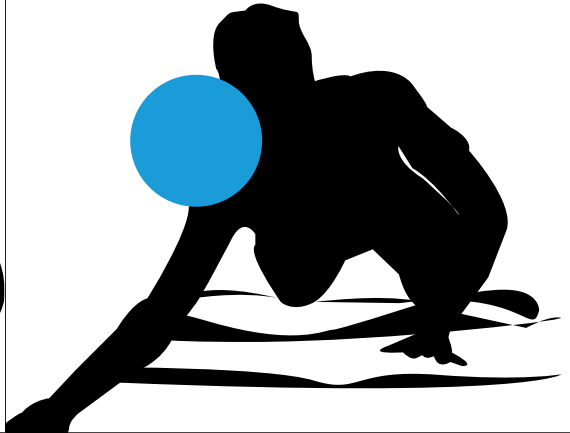
Sjonglering



Tennis



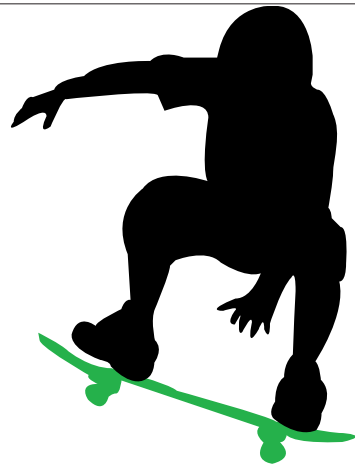
Radiostyrte biler



Strandvolleyball



Trial



Skating



Supporterklubber



Den Norske Turistforening



Skrivegrupper



Svømming



Turn



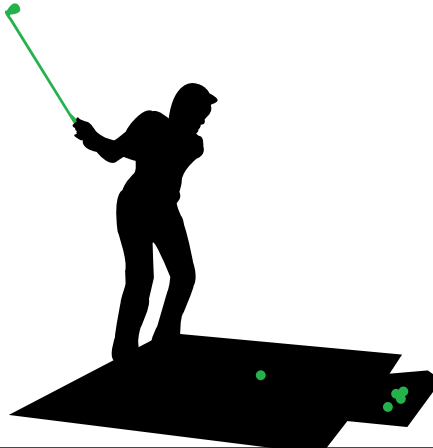
Speider



Fotball



Orientering



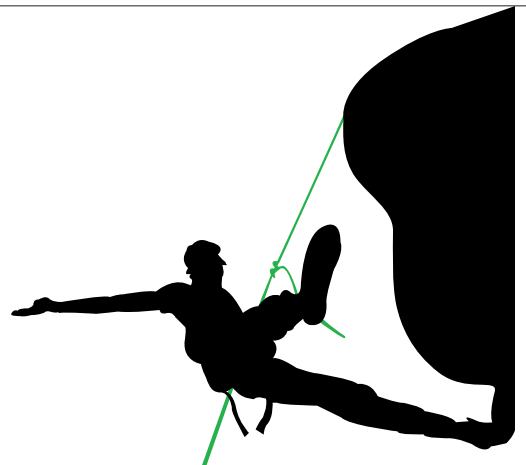
Golf



Dans



Røde Kors



Klatring



Radiostyrt helikopter



Taekwondo



Seiling



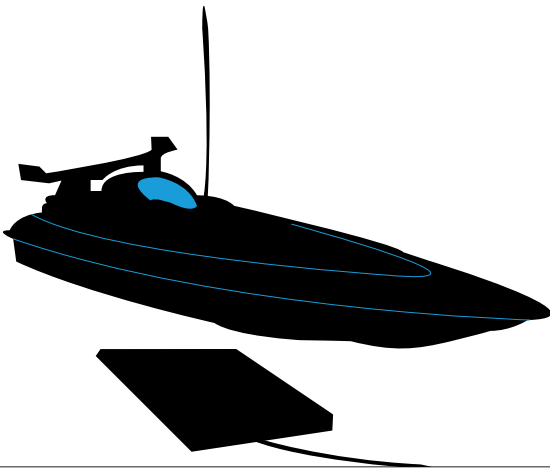
Roing



Teater og drama



Turgrupper



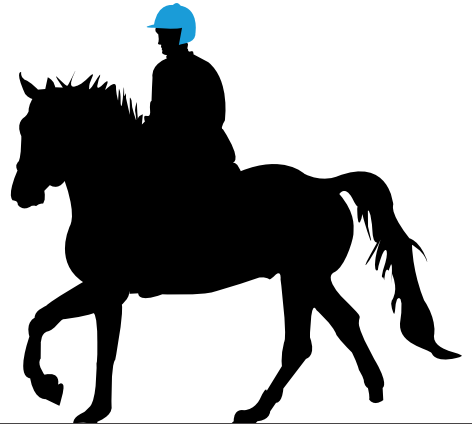
Radiostyrt båt



Swing



PC- aktiviteter



Ridning



Sykling



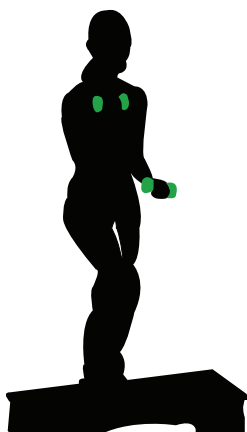
Pistolskyting



Karate



Kunstløp



Trening



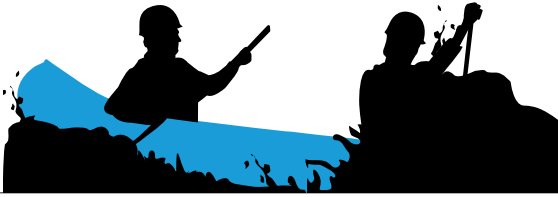
Kystlag og historielag



Deltagelse i partier



Korps



Kajakk



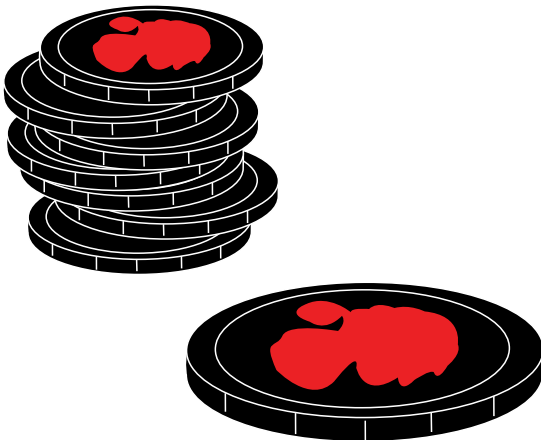
Linedance



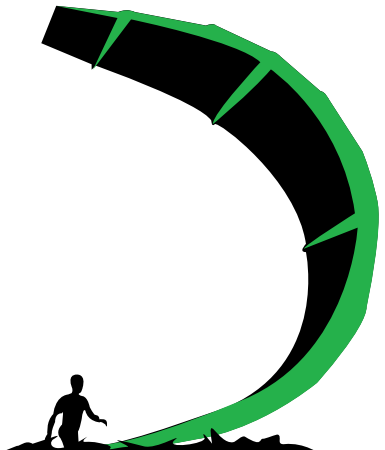
Curling



Kor



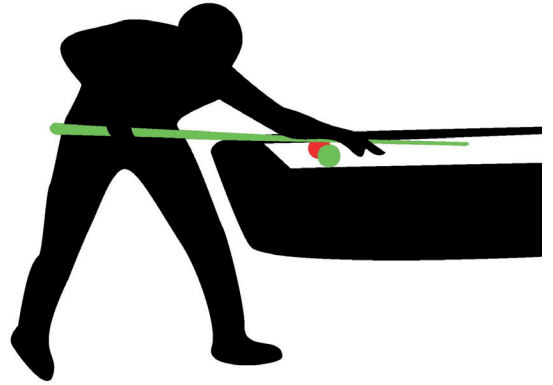
Mynter



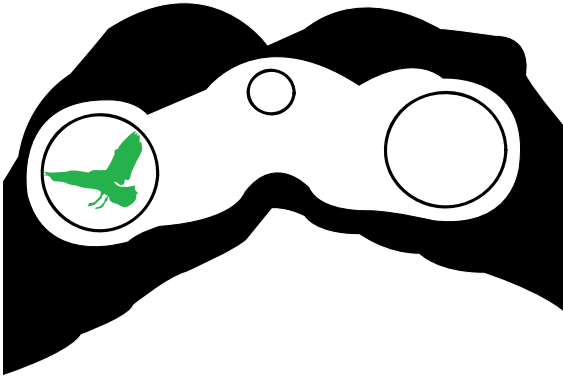
Kiting



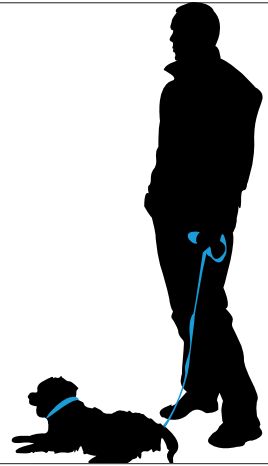
Fallskjermhopping



Biljard



Fuglekikking



Hundeklubber



Bueskyting



Break dance



Rullestoldans



Bridge



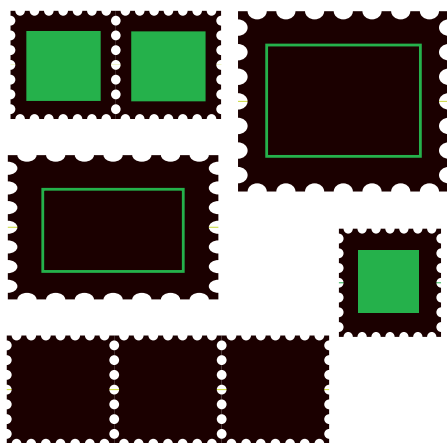
Astrologi



Dyrehold



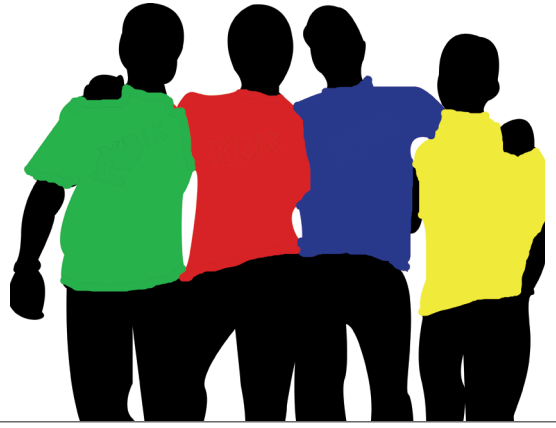
Basketball



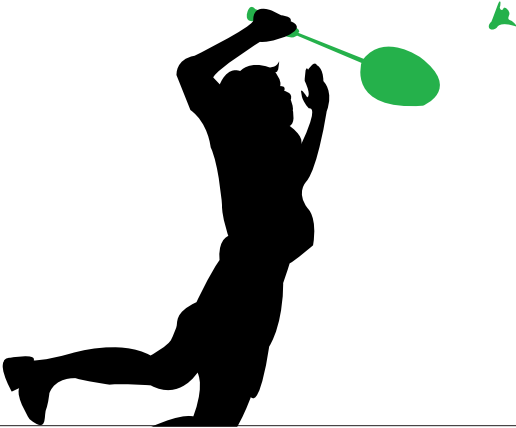
Frimerker



Tai chi



Fritidsklubber



Badminton



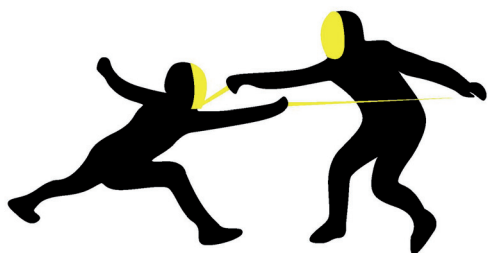
Volleyball



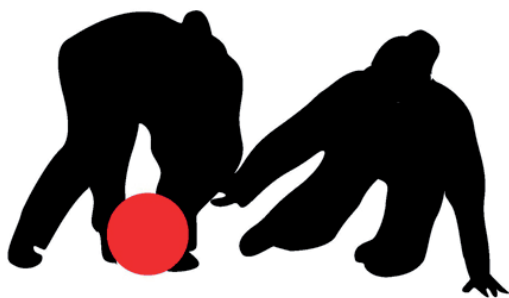
El-bandy



Skihopp



Fekting



Goalball



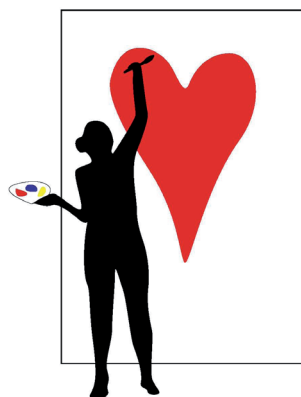
Vektløft



Boccia



Skøyter



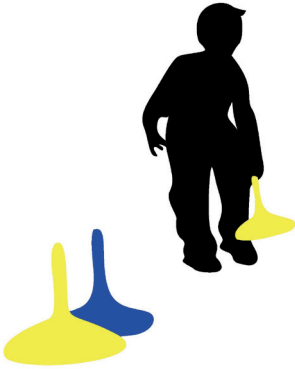
Maling og tegning



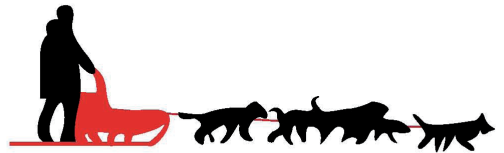
Alpint



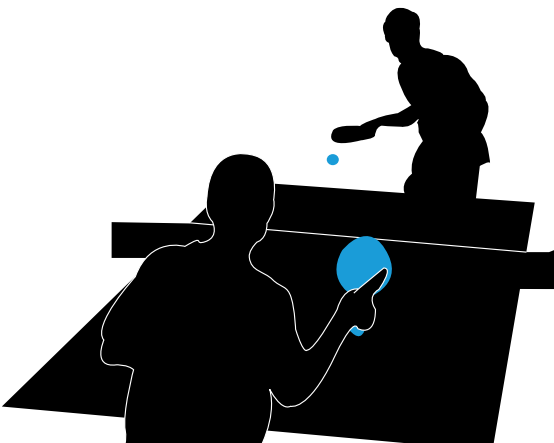
Trening



Teppecurling



Hundekjøring



Bordtennis



Rollespill



Lesegrupper



Judo



Ishockey



Dine kommentarer





Mer informasjon finner du på:

www.fritidforalle.no

Nasjonal kompetansetjeneste for barn
og unge med funksjonsnedsettelse

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www.aktivung.no

