

Sports & Physical Activity Opportunities in Nottinghamshire for Disabled Young People

Activity/Club/Opportunity	Sport/s	Provider	Contact Name	Contact Number	Email or Web site	Age range	Venue	Day	Time	Cost	Max No's & Current No's	Caters for						
												PD	WC	EWC	LD	HI	VI	
Ashfield																		
Wheelchair Basketball & Inclusive Sports Club	Multi Sports	Ext Svs	James Adcock	08452 405500		10-16yrs	Sutton Centre	Tues	15:30-17.00	Free		Y	Y					
Boccia League	Boccia	ADC	ADC	01623 457410		All	Lammas LC	Fri	12.30-14.30	Free		Y	Y					
Multiskills Football	F/ball	ADC	ADC	01623 457410		All	Lammas LC	Wed	11.00 – 12.00	2.00				Y				
Inline Sledge Hockey	Hockey	SLM	Emma Wass	01623 511177	emma.wass@slm-ltd.co.uk	8-16yrs	Lammas LC	Sun	13.30 – 15.00	3.50		Y	Y	Y	Y			
Swimming	Swim	SLM	Lyndsey Matthews	01623 511177	lyndsey.matthews@slm-ltd.co.uk	8-16yrs	Lammas LC	Sun	16.00 – 17.00	4.50		Y	Y	Y	Y	Y		
Cricket	Cricket	NDCC	Pete Edwards	0115 9772884	Pete.edwards@nottscc.gov.uk	8+	Mansfield Hosiery Mills	Mon	18.30 – 19.30	3.00		Y	Y	Y	Y	Y		
Bassetlaw																		
Football Training	Football	Football foundation.		01909 534529			St Giles school	Thurs	3.30-4.30pm	No cost								
S.A.N.D Sports Club	Multi	Bassetl	Sian Kirk	01909			Worksop	Mon	6.00p	£2.0		y	y		y	y		

	Sports	aw DC		534489			College		m - 7.00pm	0							
S.A.N.D Swimming Club	Multi Sports	Bassetlaw DC	Sian Kirk	01909 534489			Bircotes Leisure Centre	Thurs	6.00-7.00pm	£3.20 and £3.75		y	y		y	y	y
Active @Arena	Multi Sports	NNCA	Craig	01909 480164			North Notts Community Arena	Mon	11:15 - 12:15								
BLAST sports club	Multi Sports	NNCA	Craig	01909 480164			North Notts Community Arena	Wed	10am - 3pm	£5							
Friends Together - Want 2 Play FC	Football	NDFF	Dianne Edwards	01777 274422		7 - 13yrs	Portland School Worksop S80 1AL	Wed	6 - 7pm	free		y	y	y	y	y	y
Multi Skills (Rural School Holiday Scheme)		BDC		01909 534523		6-11 year olds	Various	Various in School holidays (excluding Christmas holidays)	9:30am-12:30pm	£3.00 per session							
Broxtowe																	
Broxtowe sport community inclusive club	Multi Sports	Broxtowe Sport	Chris Lacey	0115 9254112		yr1 - yr1	The Pearson Centre	wed	4.30-5.30pm	£3 per session							

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Inclusive swimming lessons	Swimming	Bramcote Leisure Centre & Broxtowe Sport	Louisa Allmark	0115 9173000	louis.a.allmark@broxtowe.gov.uk	4-10yrs	Bramcote Leisure Centre	Sunday	11.30 - 12pm	£4.10 per class paid in blocks	Max. 8, currently 6	y	y	y	y	y
Pan disability Football	Football	Priory celtic FC	John Harris	7966512983		8-16yrs	Kimberley Liesure Centre	Monday	5-6pm	Free		y	y	y	y	y
Inclusive Shokk Youth Gym Sessions	Gym	Kimberley Leisure Centre & Broxtowe Sport	Melissa Jennings	01159173572	melissa.jennings@broxtowe.gov.uk	11-19yrs	Kimberley Liesure Centre	Thursday	4-5.30pm	£2.30 per session	Max 25 current 6-20	y	y	y	y	y
Inclusive Water Games and Fun	Water Sports	Bramcote Lesiure Centre & Broxtowe Sport	Louisa Allmark	01159173000	louis.a.allmark@broxtowe.gov.uk	8-19yrs	Bramcote Leisure Centre	Friday	4-4.30pm	£4.10 per class paid in blocks	currently 4-5				y	y
Inclusive Trampolining	Trampolining	Broxtowe Sport	Melissa Jennings	01773 770100		All ages	Eastwood Leisure Centre	FEB TBC								
Inclusive Kayaking	Kayaking	Broxtowe Sport	Melissa Jennings	01773 770100		All ages	Bramcote Leisure Centre	April TBC								
Wheelchair Basketball	Wheelchair Basketb	Broxtowe Sport	Melissa Jennings	01773 770100		All ages	Bramcote Leisure Centre	JAN 2012 TBC								

	all																
The Kimberley School Boccia Club	Boccia	Teacher led	Louise Croft	0115 9387000		Year 7-11	The Kimberley Sch	Wed	12.30 - 1.00pm	Free							
The Kimberley School Inclusive Club	Multi Sports	Teacher led	Louise Croft	0115 9387000			The Kimberley Sch	Wed	3.15-4.15pm	Free							
Pearson Centre Inclusive Sports and Games	Multi Sports	Pearson Centre	Chris Lacey	0115 9254112	sportsworkert@hepearsoncentre.org.uk	School years 1-12	Pearson Centre	Wed	4.00-5.30	£3 per session	approx 10-15 per week	y	y	y	y	y	y
Priory Celtic Pan disability Football	Football	Priory Celtic Football Club	Kevin Sanders	0115 9837415	Kevin.Sanders@nottinghamshirefa.com	Ages 8-16	Kimberley Leisure Centre	Monday	4.30-5.30pm	Free for first 10 weeks	approx 8-12 per week	y			y	y	y
Disability Swimming Lessons	Swimming	Bramcote Leisure Centre	Louisa Allmark	0115 9173000		Ages 7-16	Bramcote Leisure Centre	Sundays	11.30 - 12.30	£4.10 per session paid in blocks							
County																	
Player Development Centre	Football	NDFF	Kevin Sanders	0115 9837406		12-16yrs	Play Football Nottinghamshire	Tuesdays	5.30-7.00pm	free		y			y	y	y

Nottingham City																	
Special Olympics Club- Nottingham City	Multi Sports	Volunteer Group	Helen Coulson	07824 871706		8yrs +	Oak Field School	Mon	6:30pm-8pm	£1 per session		y				y	y
Multi-sport club	Multi Sports	Oak Field School	Helen Coulson	07824 871706		8yrs +	Oak Field School	Wed	3:45pm-4:45pm	N/A							
Badminton Club	Badminton	Nottinghamshire Disability Badminton Club	Elaine Spray	01332 799442		8yrs +	Oak Field School	Wed	5pm-6pm	£2 per session							
Powerchair Football Club	Football	Nottingham Forest	Graham Moran	07794 056201			Portland Leisure Centre	wed	5:30-7pm	Unknown							
Dedicated Disability Swimming Lessons	Swimming	Nottingham City Council	Anna McMahon	07932 583399		8-15yrs	Ken Martin Leisure Centre	wed	4pm-6pm	£24-£43 per block							
Wheelchair Badminton Club	Badminton	Nottingham Blazers	Elaine Spray	01332 799442			Ellis Guildford School	Fri	7-9pm	Unknown		y	y				
Dedicated Disability Swimming Lessons	Swimming	Nottingham City Council	Anna McMahon	07932 583399		8-15yrs	Beechdale Swimming Centre	Sat	12-12:30pm or 2:30pm	£24-£43 per block							
Sting Rays Swim School	Swimming	Sting Rays	Pam Lee/Shirley Jones	07500 715620			Beechdale Swimming Centre	Sat	3:30pm-5:30pm	Unknown							

Wheelchair Tennis	Tennis	Nottin gham City Counci l	Pete Whitehe ad	0115 915 0050			Nottingha m Tennis Centre	Sun	9am- 11am	Unk now n							
National Ice Centre	Ice Skating	Nation al Ice Centre		0843 373 3000			National Ice Centre, Nottingha m	Sund ays	12.00 - 12.45	£6.5 0 per sessi on							
										(Sub ject To Cha nge Eve nt Dep end ant)	Carer Goes Free						
National Ice Centre	Ice Skating	Nation al Ice Centre		0843 373 3000			National Ice Centre, Nottingha m	Vario us	Subje ct To	TBC							
									Requi reme nts & Availa bility								
Sheriffs Goalball Club	Goalball	Univer sity of Nottin gham & NRSB	Hannah Webber	0115 8468121	hann ah.w ebbe r@no ttingh am.a c.uk		Sutton Bonington Sports Centre	Satur days (fort night ly)	11.00 am - 13.00 pm	£2.0 0							y

Any-Body Club	Multi Sports	University of Nottingham	Hannah Webber	0115 8468121		18 years +	University Sports Facilities	Variou s	Variou s	Between 50p - £2 per session							
Gedling																	
Gedling Sport+ Club	Multi Sports	Volunteer Group	Maureen Fox	0115-8568289	gedlingSPORTplusclub@snotmail.co.uk		Calton Forum	Tuesdays	4.00-5.30pm	£2.00 per session		y				y	
Gedling Sport+ Club	Multi Sports	Volunteer Group	Maureen Fox	0115-8568289	gedlingSPORTplusclub@snotmail.co.uk		Redhill Leisure Centre	Thursdays	4.00-5.30pm	£2.00 per session		y				y	
Calverton - Want 2Play FC	Football	NDFF	David Lee	7904458723	-	8-16 yrs	Calverton MWFC Hollinwood Lane	Tuesdays	6-7pm	free		y	y	y	y	y	y
Gedling Southbank - Want 2 Play	Football	NDFF	Louise Hailes	7977479167	-	8-16yrs	Play Football Nottingham NG5 6NZ	Tuesdays	7-8pm	£2.00 per session		y	y	y	y	y	y
Sherwood YFC - Want 2 Play	Football	NDFF	Simon Buttenshaw	44+7798638091	-	8-16yrs	The Barn Arnold Hill School	Friday	6-7pm	free		y	y	y	y	y	y
Mansfield																	

Multiskills Club	Multiskills	MDC	River Maun RC	01623 463551		8-19yrs	River Maun Recreation Centre	Tues	5.30-6.30pm	£3.00 per session							
Disability Multi Sports Activity Club	Multi Sports	MDC	River Maun RC	01623 463551		8-19yrs	River Maun Recreation Centre	Tues	5.30-6.30pm	£3.00 per session		y	y	y	y	y	y
Mansfield Junior Boccia Club	Boccia	Mansfield SSP	Callum Lawson	01623 425100 (ext 666)			Manor Sport & Recreation Centre	Wed	4.00-5.00pm	Free							
Sherwood Seals Swimming Club	Swimming	Volunteer Group	Shirley Freeman	01623 406241		All ages	Rebecca Adlington Swimming Centre	Mon	6.30-8.00pm	£4.00 per session		y	y		y	y	y
Disabled Swimming Session (teaching pool)	Swimming	MDC	RASC	01623 463082		All ages	Rebecca Adlington Swimming Centre	Mon	12.00 - 1.30pm	Normal swimming price							
Activity Wall		MDC	RASC	01623 463082		7yrs +	Rebecca Adlington Swimming Centre	TBC	TBC	TBC							
OAK TREE GYMNASTICS CLUB	Gymnastics	MDC	Keith Simmons			ALL up to 16 years	Oak Tree Leisure Centre	Tue	4/5/6pm	£3.10 per session							
OAK TREE GYMNASTICS	Gymnast	MDC	Keith			ALL	Oak Tree	Thur	4/5p	£3.1							

CLUB	ics		Simmons			up to 16 years	Leisure Centre	s	m	0 per session							
OAK TREE GYMNASTICS CLUB	Gymnastics	MDC	Keith Simmons			ALL up to 16 years	Oak Tree Leisure Centre	Fri	4/5/6 pm	£3.10 per session							
OAK TREE TRAMPOLINE CLUB	Trampolining	MDC	Samantha Ireland			6+ to 16 years	Oak Tree Leisure Centre	Tues	4.30/5.30pm	£3.10 per session							
OAK TREE TRAMPOLINE CLUB	Trampolining	MDC	Cindi Faulconbridge			6+ to 16 years	Oak Tree Leisure Centre	Wed	4/5pm	£3.10 per session							
OAK TREE TRAMPOLINE CLUB	Trampolining	MDC	Samantha Ireland			6+ to 16 years	Oak Tree Leisure Centre	Thurs	4.30/5.30pm	£3.10 per session							
Mansfield Maulers Wheelchair Basketball	Wheelchair Basketball	Mansfield Maulers	Andrew Tyler	7831267973		10+ and adults	Brunts School (tues) / OTLC (Sat)	Tues / Sat	6.30-8.30 (tues) / variable (sat) 10am	£3.00 per session		y	y				
Mansfield Swimming Club	Swimming	MSC	Sarah Armsby			All ages	Water Meadows Swimming	Mon / Tue / Thu	7-9pm (sun	?							

							Centre	rs	6-8.30)								
Sherwood Colliery Swimming Club	Swimming	SCSC	Kim Benstead			All ages	RASC (TUE/THUR/FRI) WM (WED/FRI)	Tues /Wed/Thurs	7-9pm	?							
Nottinghamshire Powerchair FC	Football	NPFC	Ricky Stevenson	(07932 071364)		All ages	Garibaldi School	Mon & Wed	7-9pm	£3.50 per session £25 membership fee							
Mansfield Town FC	Football	NDFC	Kev Sanders	(0115 9837406)		14+	Joeph Whittaker School	Tues	5-7pm	free							
Welbeck Welfare YFC	Football	NDFC	Kev Sanders	0115 9837406)		ALL up to 16 years	TBC	TBC	TBC	free							
Woodhouse Colts - Want 2 Play	Football	NDFC	Rich Weatherer	44+77986 38091		8-16yrs	Garibaldi School Forest Town	Tues days	6-7pm	free		y	y	y	y	y	y
Mansfield Special Olympics Club	Multi Sport	Volunteer Group	Glenys Evans	01623 423289	G.Evans@email.co.uk	8yrs +	Garibaldi School	Wed	6.00 - 7.00pm	£2.50 per session					Y		
Apex Martial Arts Clubs	Martial	AMA	Haydon	07742		All	Various	Every	Vario	Vari							

	Arts		Bridgland	522867		Age s		Day	us	ous							
Newark & Sherwood																	
Multi Sports Club	Various inc football, rounders	N&S District	Helen Purdy	01636 655797		All 16yrs +	Kelham Hall	Thursday	10.30 - 11.30	£1 per session	25 max - (8 currently)	y	y		y	y	y
Adventure activities for all abilities (4A's)	Rwoing/canoeing	4 A's	Julie Lowe	01636 683426		All 8yrs+	Newark Rowing Club	various	various		Unkown	y	y		y	y	y
Jaguars Wheelchair Basketball Club	W/C Basketball	Jaguars	Ian Brown	07800 859841		All ages	Magnus Sports Centre	Various	various		Unkown	y	y		y	y	y
Golf	Golf	Norwood Golf Park	Richard Strange	7960011927		Various	Norwood Golf Park	various	Various		Session dependant	y	y		y	y	y
Dedicated Disability Swimming Session	Swimming	Southwell Leisure Centre Trust	SLC	01636 813000		All ages	Southwell LC	Sunday	9.30-10.00 am	Various	Pool Capacity 50+	y	y		y	y	y
Trampolining Club	Trampolining	N&S District	Helen Purdy	01636 655797		6-19yrs	Grove LC	Sunday	12.30 - 1.30pm	£2 per session	15 max	y	y		y	y	y
Newark Community Boccia Club	Boccia	N&S District	Helen Purdy	01636 655797		All ages	Magnus Sports Centre	Wednesday	4-5pm	£1 per session	20 max - (6 currently)	y	y	y	y	y	y
Archery	archery	N&S District	Helen Purdy	01636 655797		16 yrs +	Balderton RC	Monday	once a month	£1 per session	40 max - (34 currently)	y	y	y	y	y	y
Newark Disability Swimming Club	Swimming	Swimming	Helen Purdy	01636 655797		6-19y	Grove LC	Tuesday	4-5.30p	£1.50	30 max - (27	y	y	y	y	y	y

		Club				rs			m	per session	currently)						
Multi Sports Club	Boccia, curling	N & S District	Raschel Sanghera	07818 580251		16yrs +	Dukeries LC	Thurs	3.30 - 4.30pm	£1 per session	20 max - (8 currently)	y	y	y	y	y	y
Inclusive Gym Session	gym	Blidworth Community Leisure Centre	Helen Purdy	01636 655797		16yrs +	Blidworth CLC	Tues	1.00pm - 3.00pm	£1 per session	15 max - (5 currently)	y	y		y	y	y
Golf	Golf	N&S District	Helen Purdy	01636 655797		16yrs +	Newark Show Ground	Mon	once a month	£1 per session	30 max - (12 currently)	y	y		y	y	y
Nottinghamshire Disability Boccia Club	Boccia	Boccia Club	Pete Edwards	0115 9772884		8+	Jo Whit School	Thurs	6pm - 8pm	£3.50 per session £25 membership fee	?	y	y	y	y	y	y
Blidworht MW - Want 2 Play	Football	NDFP	Roger Parkes	44+79163 31170		8-16yrs	Jo Whit School	Tuesdays	6.30-7.30pm	free		y	y	y	y	y	y
Rushcliffe																	
Bingham Penguins Swimming Club	Swimming	As opposite	Bingham Leisure Centre				Bingham Leisure Centre	Sun	6.30 - 8pm			y	y	y	y	y	
West Bridgford Tennis Club	Tennis	As opposite	West Bridgford				West Bridgford	Sat	Fortnightly						y		

		te	Tennis Club				Tennis Club										
Soft Play sessions - half price for all children with a disability	Soft Play	Cotgrave Leisure Centre	Cotgrave Leisure Centre	0115 989 2916	cotgrave@paradcommunityleisure.co.uk	0 - 5 yrs	Cotgrave Leisure Centre	Mon	9.15-10.15 am	£2 per session		y	y	y	y	y	
Bingham Town	Football	NDFB	Steve Mcrobie		steve@mcrobie@ntlworld.com	8-16yrs	Butt Field	Wednesdays	6.30-7.30pm	free		y	y	y	y	y	y