

Inclusive Sport and Physical Activity Information for Young People

Netballability

Open to any young person with a learning or physical disability. Come along to Rawcliffe Netball Club, St. Mark's Grove, Rawcliffe, YORK, YO30 5TS on Mondays from 5.15 – 6.15pm, cost £2.00, for more information contact Val French Ebor School Sports Co-ordinator 07795 112546 or Lead Coach Caroline England, Disability Sports Coach on 07769 880108.

Core Stability Sessions

At Hob Moor Oaks School on Thursdays from 4.30 – 5.15pm, sessions are free, for more information contact Lead Coach Caroline England, Disability Sports Coach on 07769 880108.

City of York Athletics Club

'No Limits' Disability Athletics every Friday from 7.15pm - 8.15pm at Huntington Stadium. For further details contact Club Development Officer Paula Bird on 07761 530931.

Tennisability sessions

At York Tennis Club, Clifton Park, Shipton Road, Saturdays 11.00am - 12.00pm Contact Bev Cairns LTA Coach on 07721 368173 for more information.

The Junior Sportsability

Club is for 8 - 16 year olds on Tuesdays 4.15 - 5.45pm at a cost of £2.40 for more information contact Oaklands on 01904 552424.

For those interested in Football Copmanthorpe Junior Ability Counts coaching (7 – 16 years) on Fridays 6.00 – 7.00pm at Oaklands (indoors). **Also the North Yorkshire Disability Centre of Excellence for football**, which will be running on Friday evenings at Oaklands. The centre will potentially feed players directly into one of England's 7 international squads **Blind, Partially Sighted, Deaf and Hearing Impaired, Cerebral Palsy, Learning Disabilities and Amputee**. If you know of any players who you think would benefit from these opportunities please let Paul Bird (Head Coach) know on 01904 704256. Email: sportscoach@talktalk.net

Edmund Wilson Swimming Pool

Is offering their Dolphin Swimming sessions for people with disabilities and their carers on Mondays 7.30 - 8.30pm and Sundays 3.00 - 4.00pm, for more information contact the pools on 01904 552424. As part of the Sunday sessions we hope to have a Halliwick Swimming Teacher in attendance teaching water confidence, controlling your body in the water leading towards swimming movements for more information about which days the teacher will be attendance, please contact Caroline England on 07769 880108. Please note that parents / carers will need to support their child on a 1 to 1 basis and will be in the training pool.

KEEN

Is a games and activities session for children with learning difficulties and special needs aged 8-11 years. Activities include stretches, races, gentle sports and 'ice-breaker' games. Run by University volunteers between 1.00 – 2.00pm in The University of York Sports Centre every Sunday during University term time. For further information contact: 01904 433855 or Email: keen@yusu.org.

The Special Olympics City of York Committee

Are looking to recruit participants and volunteers to a programme of local activities for people with learning disabilities. For more information contact Paul Ramskill on 01904 553372.

Please be aware that some of these sessions are term-time only, please contact the activity provider for more information.

Paul Ramskill, Community Leisure Officer, 01904 553372 / 07767 318030, paul.ramskill@york.gov.uk

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