



# West Yorkshire Disability Sports Club Directory



# *Federation of Disability Sports Organisations*

## **West Yorkshire Disability Sport Club Directory**

Welcome to the 2011 Disability Sport Club Directory. We hope you will find it a useful way to get involved in fun and exciting new activities.

Sports are listed in alphabetical order, so a club may be listed more than once if they offer both individual sport specific sessions and a multi-sport opportunity.

Every effort has been made to ensure information is correct at the time of completion in September 2011. However, as changes often happen, please check with the club before attending a session. This directory can be downloaded from: [www.wysport.co.uk](http://www.wysport.co.uk)

If you would like your club details adding to the Directory or if you want to change your details, please contact me:

**James Brown** - West Yorkshire Disability Sport Officer  
james.brown@wysport.co.uk  
07533 769787

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# Adapted Cycling



**Club:** John Charles Centre for Sport - Leeds  
**Tel:** 0113 3950000  
**Contact:** Direct to centre  
**Email:** [JCCS@leeds.gov.uk](mailto:JCCS@leeds.gov.uk)

Sessions must be booked prior to attendance, please ring call to reserve your space. Sessions are both suitable for adults and children over the age of 8. A variety of bikes are available (quads, trikes, hand cycles and bucket seat duel cycles) along with a hoist and a member of staff to assist. All cycles have back supports and seat belts.

**Monday:** 11.30am – 12.30pm & 1.30pm – 2.30pm  
**Tuesday:** 10am – 11am & 11am – 12noon  
**Wednesdays:** 10am – 11pm & 11 -12 noon  
**Thursday:** 10am – 11am & 11am – 2.30pm  
**Friday:** 10.30am – 11.30am & 1.30 – 2.30pm  
**Saturday:** 10.45am – 11.45am

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**Club:** Open Country Cycling and Tandem Club Wetherby/Harrogate.  
**Tel:** 01423 507227  
**Contact:** David Shaftoe  
**Email:** [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
**Web:** [www.opencountry.org.uk](http://www.opencountry.org.uk)

The cycling club is a monthly off-road cycle club for disabled people. Bicycles, tandems, w/c accessible duet and adult tricycles are available for loan. Sessions should be booked beforehand so levels of ability can be assessed.

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**Club Name:** Havercroft Wheels for All  
**Contact:** Gail Tombs  
**Tel:** 07762 018136  
**Email:** [gailtombs@btinternet.com](mailto:gailtombs@btinternet.com)

Havercroft "Wheels for All" Centre enhances the provision of inclusive sporting and leisure opportunities for people of all ages in the Wakefield area. Our extensive fleet of adapted bikes



are accessible to those people with disabilities and differing needs who cannot ride conventional bicycles.

Cycling is a great way to exercise as it is fun both independently and with family and friends joining in. Through the "Wheels for All" initiative we are able to work on a one-to-one basis to improve the mobility and confidence of clients.

We meet the 2nd Saturday of each month at Havercroft Sports Centre (WF4 2BD) from 10.00am - 12 Noon. £2.60 per person.

Dates of sessions coming up are: 10th September, 8th October, 11th November, 10th December.

Contact Gail for more information.

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**Club Name: Bradford Disability Cycling Club**

**Contact:** Dean Carroll

**Tel:** 01274 437093

**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)

**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

The cycling club is based in Lister Park and is now available for bookings by phone or by post. Advanced bookings are needed because the tutors are volunteers, however we do have a project manager who is the overall leader of the cycling club.

If you have a disabled child between the ages of 8-19, then you can apply for free cycling sessions through the aiming high scheme which is run through the council. If you have any queries please contact the office on 01274 437093.

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**Club Name: Spenborough Adapted Cycle Scheme (Kirklees)**

**Contact:** Direct to centre

**Tel:** 01274 335140

**Email:** [spenborough.pool@kirklees.gov.uk](mailto:spenborough.pool@kirklees.gov.uk)

**Web:** <http://kirkleesactive.co.uk/spenborough>

The adapted cycle project has been started by Kirklees Council's Learning and Disabilities Day Opportunities and Kirklees Active Leisure to open up exercise to people of all abilities. Sessions are coordinated through Spenborough Pool & Fitness Complex.

The scheme now boasts two tricycles, two hand cycles and a wheelchair carrying cycle to ensure there is something for all abilities.

# Angling

**Club:** Yorkshire Tykes Disabled Angling Association  
**Contact:** Andrew Archer  
**Tel:** 01266 321236  
**Email:** [a.archer145@btinternet.com](mailto:a.archer145@btinternet.com)

Please see the website for more details: [www.yorkshiretykes.co.uk](http://www.yorkshiretykes.co.uk)

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**Club:** Wakefield Angling Club  
**Contact:** Mick Haigh - Disability Officer (Robert Hirst – Secretary)  
**Tel:** 01924 820821  
**Email:** [info@wakefieldac.co.uk](mailto:info@wakefieldac.co.uk) ([bobhirst25@hotmail.co.uk](mailto:bobhirst25@hotmail.co.uk))

Please see the website for more details: [www.wakefieldac.co.uk](http://www.wakefieldac.co.uk)

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**Club:** British Disabled Anglers Association  
**Contact:** Terry Moseley  
**Tel:** 01922 860912  
**Email:** [terry@bdaa.co.uk](mailto:terry@bdaa.co.uk)

Please see the website for more details: [www.bdaa.co.uk](http://www.bdaa.co.uk)

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# Archery



**Club:** Aire Valley Archers - Bingley  
**Contact:** Secretary  
**Tel:** 01535 636610  
**Email:** [secretary@aire-valley-archers.co.uk](mailto:secretary@aire-valley-archers.co.uk)  
**Web:** <http://www.aire-valley-archers.co.uk/>

## Outdoor Archery

Archery sessions held in Bingley - St Ives Estate, parking is available in the public area near the Golf Club.

Archery in Crosshills - South Craven is held at weekends during term times and also during the School holidays at any time.

## Indoor Target Archery

Archery sessions are held at Keighley, Oakbank Leisure Centre during the winter months (October – March).

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**Club:** Panda Bowmen & Panda Disabled Archery Club - Leeds  
**Contact:** Secretary: Barbara Skinner  
**Tel:** 0113 2585624  
**Email:** [members@panda-bowmen.org.uk](mailto:members@panda-bowmen.org.uk)  
**Web:** [www.panda-bowmen.org.uk](http://www.panda-bowmen.org.uk)

Based at the West Park Leeds RUFC in Bramhope, North Leeds, LS16 9JR. Panda Bowmen boasts one of the best archery grounds in Yorkshire. We are able to cater for *target shooting* - all distances. We are also able to host occasional *fun shoots* throughout the year.

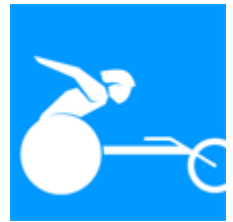
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**Club:** Savile Bowmen - Dewsbury  
**Tel:**  
**Email:** [secretary@savile-bowmen.org.uk](mailto:secretary@savile-bowmen.org.uk)  
**Web:** [www.savile-bowmen.org.uk](http://www.savile-bowmen.org.uk)

Savile Bowmen are a target archery based club in the Kirklees area of West Yorkshire, and are affiliated to Archery GB, Northern Counties Archery Society and the Yorkshire Archery Association. We have an active, and growing, membership who shoot Compound, Recurve and Longbow disciplines. Our club shoots at Dewsbury Moor ARLFC during the outdoor season and Spen Valley Sports College during the indoor season. Both of these venues are open to visitors. We operate have-a-go sessions and beginner's courses throughout the year.



# Athletics



## England Athletics (EA)

Shelley Holroyd – Disability Athletics Support Officer – North Region

07912 070625

[sholroyd@englandathletics.org](mailto:sholroyd@englandathletics.org)

The EA assist with the coordination of specific pathways for disabled athletes (including Playground to Podium events) and also offer coach development opportunities. Please call Shelley for more details.

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**Club:** Bradford Disability Athletics Club

**Contact:** Dean Carroll

**Tel:** 01274 437093

**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)

Based at Green Head Track (University Academy Keighley), training is on **Thursday** evenings from 5pm – 6pm, suitable for all ages and abilities.

The current price per session is £1.50.

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**Club:** Leeds City Athletics Club

**Contact:** Ross Bibby

**Tel:** 0113 3950159

**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Training is at John Charles centre for sport, indoor Bowls and Athletics centre.

**Tuesday** 6pm to 7pm – 8 – 14 year olds (term time only)

**Tuesday** 7pm to 8pm – 14 years + (term time only)

**Thursday** 7pm to 8pm – Wheelchair racing - 8 years+

Suitable for both adults and children of any ability and offers a full range of track and field events.

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**Club:** Halifax Harriers Athletics Club

**Contact:** Brian Burgin

**Tel:** 07748 656690

**Email:** [brian\\_burgin@hotmail.com](mailto:brian_burgin@hotmail.com)

Training at Spring Hall Athletics Track on **Tuesdays** and **Thursdays** from 6 -8.15pm

Track and Field sessions

8 to 12 years – Tuesdays & Thursdays 6pm until 7pm.

13 and over – Tuesdays & Thursdays 7pm until 8.15pm

Road and Trail sessions

Seniors (beginners/improvers) – Tuesday & Thursdays 7pm

Seniors (advanced) – Thursdays 6pm.

Sessions are suitable for all ages and abilities.

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**Club:** **Wakefield Harriers Athletics Club**  
**Contact:** John Matthews - Jump Coach  
**Tel:** Sally Holmes - Secretary - 01977 677717  
**Email:** [membership@wakefield-harriers.co.uk](mailto:membership@wakefield-harriers.co.uk)

Please see website for more details [www.wakefield-harriers.co.uk](http://www.wakefield-harriers.co.uk)

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**Club:** **Kirklees Athletics Club - Longwood Harriers - Leeds Rd**  
**Contact:** David Owen – Secretary  
**Tel:** 01484 426296  
**Email:** [info@longwoodhac.org.uk](mailto:info@longwoodhac.org.uk)  
**Web:** [www.longwoodhac.org.uk](http://www.longwoodhac.org.uk)

Training sessions based at Leeds Road playing fields. The sessions are currently priced at £1.35 for under 17's and £2.50 for 17 years +.

Summer time training (April to September)  
**Tuesday & Thursdays** – 6.30pm to 8.30pm

Winter time training (October – March)  
**Tuesday & Thursday** – 6.30pm – 8pm

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# Boccia



## **Boccia England**

Richard Evans

07833 089580

[revans@bocciaengland.org.uk](mailto:revans@bocciaengland.org.uk)

Boccia England assist with the coordination of specific pathways for disabled athletes (including Playground to Podium events) and also offer coach development opportunities. Please call Richard or the head office for more details - 0115 967 8455.

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**Club:** Bradford Disability Sport & Leisure

**Contact:** Dean Carroll

**Tel:** 01274 437093

**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)

**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

Contact Dean Carroll for Boccia specific information.

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**Club:** D.R.E.A.M - Leeds

**Contact:** Brenda Taylor

**Tel:** 07708 245425

**Email:** [dreamnwleeds@hotmail.co.uk](mailto:dreamnwleeds@hotmail.co.uk)

**Web:** [www.dreamnwleeds.org.uk](http://www.dreamnwleeds.org.uk)

Sessions are held at Aireborough Leisure Centre on the 3rd **Monday** of each month from 1:30pm-3:30pm.

The session is suitable for adults with any disability aged 18-65. Activities include boccia, polybat, curling, skittles and floor lacrosse.

The club also meets on the other Mondays for non-sporting activities such as art workshops.

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**Club:** Wakefield Able2 Boccia

**Contact:** Steve Greatorex

**Tel:** 01977 709576

**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)

**Web:** [www.able2.org.uk](http://www.able2.org.uk)

Training is at Featherstone Sports Centre, Wakefield on;

**Wednesdays** 6.00pm – 7.00pm  
**Saturdays** 11:00am-1:00pm

The session is suitable for players of all ages and abilities.

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**Club:** Kirklees Disabled Sports Club  
**Contact:** Robert Dyson  
**Tel:** 01484 514552  
**Email:** [Huddersfield.sc@kirklees.gov.uk](mailto:Huddersfield.sc@kirklees.gov.uk)

Sessions are held at Huddersfield Sports Centre on;

**Mondays** from 7:15-9:30pm

Session is suitable for both adults and children of all abilities. Activities include swimming, table tennis, football, Boccia, Badminton and Kurling.

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**Club:** Leeds Disabled Sports Association  
**Contact:** Armley Leisure Centre  
**Tel:** 0113 3367880

Sessions are at Armley Leisure Centre, Leeds on;

**Tuesdays** from 7:00-9:00pm.

Sessions are Suitable for adults and children. Activities include Swimming, Boccia and use of the Bodyline fitness Suite.

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**Club:** No 1 Club - Leeds  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council  
**Tel:** 0113 3950159  
**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

City of Leeds High School - Leeds

Wednesday from 18.00-19:30pm (term time only)

Suitable for children and young people aged 8 to 19 years. Activities include parachute games, boccia, New Age Kurling, football, basketball and a range of other sports.

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**Club:** Saturday Sports Zone - Halifax  
**Contact:** Debbie Greenwood  
**Tel:** 01422 284415  
**Email:** [debbie.greenwood@calderdale.gov.uk](mailto:debbie.greenwood@calderdale.gov.uk)

Sessions are held at North Bridge Leisure Centre, Halifax on;

**Saturdays** from 9:00am-12 noon

Suitable for children between 6 – 16 years old with any disability. Multi sports opportunities available. The current cost of this session is £2.00 per person or £0.95 with a passport to leisure.

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**Club:** **SOS Club (Sport on Saturday) - Leeds**  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council  
**Tel:** 0113 3950159  
**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

St Mary's Catholic High School (LS29 6AE) - Menston, Leeds

Saturdays from 10:30am-12noon (term time only)

Suitable for children and young people aged 8 to 16 years. Activities include parachute games, boccia, New Age Kurling, table top games, football, basketball and a range of other sports.

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**Club:** **Wheelers & Wobblers - Wakefield**  
**Contact:** Spencer Pym  
**Email:** [spencerp12@sky.com](mailto:spencerp12@sky.com)  
**Web:** [www.wdco.org/site/Wheelers-and-Wobblers/](http://www.wdco.org/site/Wheelers-and-Wobblers/)

Training sessions at Stanley Community Centre, Wakefield.

**Thursdays** from 1:30-4:00pm

Club specifically designed for adults with any disability. Activities include bowls, boccia, snooker, table tennis and more.

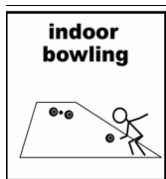
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**Club:** **Priesthorpe Multi Activity Club - Leeds**  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council.  
**Tel:** 0113 3950159  
**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Priesthorpe School, Farsley, LS28 5SG

Tuesday 6.00pm to 7.30pm (term time only)

Suitable for children and young people aged 8 to 19 years. Activities include parachute games, boccia, New Age Kurling, football, basketball and a range of other sports.



## Bowls – Short Mat

**Club:** Leeds Indoor Bowls Centre (indoor flat green)  
**Contact:** Direct to centre  
**Tel:** 0113 395 1500

**Monday to Friday 10am to 10pm**  
**Saturday 10am to 8pm**  
**Sunday 10am to 6pm**

The centre is fully accessible to all and available for both adults and children.

- Eight rink indoor bowls hall
- Indoor shoes and woods can be hired at the centre
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**Casual bookings** - to play on an informal basis, bookings can be made seven days in advance or eight days if you have a Leeds Card by ringing the centre.

**Bowls Leagues** run every day of the week Monday to Friday, you have to be a member to join.

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**Club:** Kirklees Disabled Sports Club  
**Contact:** Robert Dyson  
**Tel:** 01484 514552  
**Email:** [robertpriestleydyson@hotmail.co.uk](mailto:robertpriestleydyson@hotmail.co.uk)  
**Info:** <http://www.kirklees.gov.uk/community/localorgs/orgdetails.asp?OrgID=1433>

Sessions are at Huddersfield Sports Centre on;

**Mondays** from 7:15-9:30pm

Suitable for both adults and children with any disability. Activities include swimming, table tennis, football, Boccia, Badminton and Curling.

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**Club:** Pudsey Gateway Club - Leeds  
**Contact:** Ginny Holroyd  
**Tel:** 0113 2550018  
**Email:** [ginyholroyd200452@hotmail.com](mailto:ginyholroyd200452@hotmail.com)

Sessions are at Priesthorpe High School & John Charles Centre for Sport, Leeds.

**Tuesdays** from 7:00-8:00pm (John Charles)

**Thursdays** from 6:45-9:15pm (Priesthorpe)

Club participates in events and competitions through the Special Olympics and social activities.

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**Club:**           **Wheelers & Wobblers - Wakefield**

**Contact:**       Spencer Pym

**Email:**           [spencerp12@sky.com](mailto:spencerp12@sky.com)

**Web:**             [www.wdco.org/site/Wheelers-and-Wobblers/](http://www.wdco.org/site/Wheelers-and-Wobblers/)

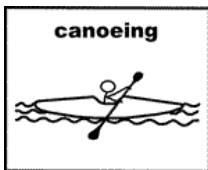
Sessions are held at Stanley Community Centre, Wakefield

**Thursdays** from 1:30-4:00pm

Club designed specifically for adults with any disability .Activities include bowls, boccia, snooker, table tennis and more.

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# Canoeing

**Club:** White Rose Canoe Club  
**Contact:** Pam Taylor  
**Tel:** 0113 2737393  
**Email:** [p.v.taylor@btinternet.com](mailto:p.v.taylor@btinternet.com)  
**Web:** [www.whiterosecc.org.uk](http://www.whiterosecc.org.uk)

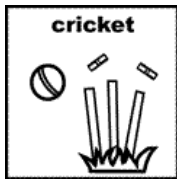
The clubs training is at Roundhay Park on various evenings depending on the ability. Pool sessions are also available on Sunday evenings at Fearnville Sports Centre (Leeds).

The sessions take place as follows:

4.45pm – introductory course  
5.30pm – intermediates.  
6.15pm – Advanced.

The club provides a safe and supportive environment for people of all ages and abilities however participants must be confident in water.

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# Cricket

**Club:** Almondbury Wesleyan Cricket Club - Huddersfield  
**Contact:** Ian Hales  
**Tel:** 01484 514150  
**Email:** [thewes@btinternet.com](mailto:thewes@btinternet.com)  
**Web:** [www.almondburywesleyans.play-cricket.com](http://www.almondburywesleyans.play-cricket.com)

Adults: **Tuesdays & Thursdays** 6:30-8:30pm  
Junior: **Thursdays** 5.45-7.00pm

The club has an integrated approach to cater for all abilities.

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**Club:** Yorkshire Terriers/Tykes Cricket Club - Headingley, Leeds  
**Contact:** Haydon Coventry  
**Tel:** 07853 842169  
**Email:** [manager@yorkshireterrierscc.org](mailto:manager@yorkshireterrierscc.org)  
**Web:** [www.yorkshireterrierscc.org.uk](http://www.yorkshireterrierscc.org.uk)

The Yorkshire Terriers are on the lookout for disabled cricketers of any level (even if you have never played before), male or female of any age. The team play competitively in both a hard ball and soft ball league and also train regularly throughout the year.

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**Club:** Yorkshire Visually Impaired Cricket Club  
**Contact:** Mark Beckles-Willson  
**Tel:** 07831 482873  
**Email:** [t\\_model@globalnet.co.uk](mailto:t_model@globalnet.co.uk)  
**Web:** <http://www.blindcricketyorkshire.org.uk/>

The Club plays their fixtures at Old Sharlston C.C. in Wakefield and training sessions at the club during the summer season. Winter training is at the Indoor Cricket Centre, Headingley, Leeds.

All new players welcome – any age or ability.

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# Football



## **West Riding County Football Association (WRCFA)**

James Doyle – Disability Football Development Officer

0113 2822358 or 07540 127683

[james.doyle@wrcfa.com](mailto:james.doyle@wrcfa.com)

<http://www.westridingfa.com/Development/DisabilityFootball/>

The WRCFA assist with the coordination of a West Riding Ability Counts League for local teams. Please call James for more details.

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**Club:** Bradford Disability Football Club - Shipley

**Contact:** Paul Squires

**Tel:** 07774 720779 or 01274 590387

**Email:** [paul.westfield@blueyonder.co.uk](mailto:paul.westfield@blueyonder.co.uk)

Training is at Nab Wood Sports Centre, Shipley

**Sundays** 9:45am

Suitable for both adults and children of any disability that are of a beginners/novice standard.

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**Club:** Leeds Utd Foundation

**Contact:** Ross Bibby

**Tel:** 0113 395 0159

**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

### **Juniors**

Sunday 1pm - 3pm- (all levels) @ Football World

### **Adults**

Friday 10am - 12noon- (participation level) @ Football World

Sunday 1-3pm- (development level) @ Thomas Danby Campus

- Football coaching and competitive opportunities focusing on 'ability'.
- Opportunities for all disabled people to play football at a level they are comfortable with.
- Play with players of a similar ability regardless of their disability.
- Runs during term time

Football World- Cross Green Trading Estate, Pontefract Lane, LS9 0RA

Thomas Danby Campus- Roundhay Road, LS7 3BG

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**Club:** Leeds Deaf Football Club  
**Contact:** Paul Gorman (Seacroft Colts FC)  
**Tel:** 0113 2657192  
**Web:** [www.seacroftcolts.co.uk/](http://www.seacroftcolts.co.uk/)

Club run in conjunction with Seacroft Colts football club. Weekly coaching sessions run for deaf children and team opportunities for deaf adult players via the Red Triangle league.

For further information please visit the Seacroft Colts FC website [www.seacroftcoltsfc.co.uk](http://www.seacroftcoltsfc.co.uk) or the Leeds Deaf FC website [www.leedsdeaffc.co.uk](http://www.leedsdeaffc.co.uk)

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**Club:** Nostell Miners Welfare Football Club – Crofton, Wakefield  
**Contact:** Granville Marshall  
**Tel:** 01924 866010  
**Email:** [granvillemarshall@hotmail.com](mailto:granvillemarshall@hotmail.com)

Training is held at Crofton Community Centre at various times and days depending on age and ability.

It is an accessible club that has an integrated approach for people of various abilities.

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**Club:** Pudsey Gateway Club - Leeds  
**Contact:** Ginny Holroyd  
**Tel:** 0113 2550018  
**Email:** [ginyholroyd200452@hotmail.com](mailto:ginyholroyd200452@hotmail.com)

Training is at Preisthorpe School, Pudsey on;

**Thursday** evenings.

Session is suitable for adults with a learning disability.

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**Club:** Yorkshire CP (Cerebral Palsy) Football Club  
**Contact:** Steve Greatorex  
**Tel:** 01977 709576  
**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)  
**Web:** [www.able2.org.uk](http://www.able2.org.uk)

Sessions are held at Featherstone Sports Centre, Wakefield

**Mondays** from 5:45-6:45pm

Sessions are suitable for players of all ages and abilities.

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**Club:** Wakefield Autism Leisure Club  
**Contact:** Claire Stephenson  
**Tel:** 01924 820233  
**Email:** [claire.richard@talktalk.net](mailto:claire.richard@talktalk.net)  
**Web:** [www.walc-online.com](http://www.walc-online.com)

Training sessions at Thornes Park Centre, Wakefield College on;  
**Mondays** 5.00-7.00pm (Term Time).

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**Club:** Actionnaires (Bradford, Huddersfield, Leeds)  
**Contact:** Nicole Sprent  
**Tel:** 0787 242 4479  
**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)  
**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Multi-sport clubs for blind and visually impaired young people.  
Please contact Nicole for more information about all activities and individual club timings.

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**Club:** Kirklees Disabled Sports Club  
**Contact:** Robert Dyson  
**Tel:** 01484 514552

Training is at Huddersfield Sports Centre on;

**Mondays** from 7:15-9:30pm

Suitable for both adults and children with any disability. Activities include swimming, table tennis, football, Boccia, Badminton and Kurling.

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**Club:** Pontefract Collieries FC (Pontefract Pirates)  
**Contact:** Trevor Waddington  
**Tel:** 07825418999  
**Email:** [Trevor@pontecolls.co.uk](mailto:Trevor@pontecolls.co.uk)  
**Web:** [www.pontecolls.co.uk](http://www.pontecolls.co.uk)

Training sessions are held at Beechnut Lane, Pontefract on;

**Saturdays** from 10:30am.

Sessions are designed for Adult (16+) for all ability groups.

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**Club:** Pontefract Crusaders FC  
**Contact:** Martyn Wiggins / Jamie Crozier  
**Tel:** 07867 913164  
**Email:** [martyn@ponfamcen.org.uk](mailto:martyn@ponfamcen.org.uk)  
Training at Hemsworth Sports Centre, Pontefract on;

**Saturday** Mornings

Adult specific 16 years+ learning disability football team and training sessions.

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# Goalball



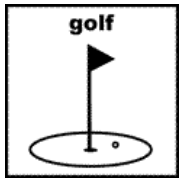
**Club:** West Yorkshire Goalball Club  
**Contact:** Kathryn Fielding  
**Tel:** 07795 263642  
**Email:** [Kathryn@achievepotentials.co.uk](mailto:Kathryn@achievepotentials.co.uk)  
**Info:** Open to new, development and experienced players  
Aged 14+  
Sighted players are also welcome

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**Club:** Actionnaires (Bradford, Huddersfield, Leeds)  
**Contact:** Nicole Sprent  
**Tel:** 0787 242 4479  
**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)  
**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Multi-sport clubs for blind and visually impaired young people.  
Please contact Nicole for more information about all activities and individual club timings.

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# Golf

**Club:** Bradford Disability Sport & Leisure  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

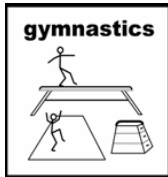
Silsden Golf Club  
Fortnightly on Tuesdays from 7:00-8:00pm  
Suitable for 8 years + and all ability levels. Currently the session is priced at £5.00 per participant.

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## The Disabled Golf Society

More information about golf for disabled people can be found by contacting the Disabled Golf Society. They are a national charity promoting golf opportunities for disabled people across the country. A number of events are planned throughout the year and further details can be found on their website.

**Tel:** 01666 503918  
**Web:** <http://www.disabledgolfsociety.com/>



# Gymnastics

**Club:** Opportunities available throughout West Yorkshire  
**Contact:** Clare Diggle  
**Tel:** 07827 242502  
**Email:** [clare.diggle@gymnasticsengland.org](mailto:clare.diggle@gymnasticsengland.org)

Please contact Clare for information on local opportunities

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**Club:** Leeds Gymnastic Programme  
**Contact:** Gymnastics co coordinator  
**Tel:** 0113 395 0165  
**Email:** [gymnastics@leeds.gov.uk](mailto:gymnastics@leeds.gov.uk)

Classes are held at the following leisure centres:  
Aireborough, East Leeds, Fearnville, Garforth, John Smeaton, Holt Park, Kirkstall, Pudsey, Rothwell and Scott Hall.  
Please contact the Gymnastics co-ordinator for more information.

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## **GYM MINIS**

**Classes are held at the following leisure centres:**

Aireborough, Armley, Holt Park, Kippax, Kirkstall, Middleton, Morley, Rothwell and Scott Hall.

- For children aged 1 to 4 years old
- Pre school gymnastics classes in a soft play environment
- The parent / guardian works with their child under the instruction of a qualified pre school
- British Gymnastics Coach
- Suitable for all children as each child works at their own level
- Classes usually during school hours, term time only
- Fees payable each term, enrolment required
- Please contact the centres directly for class times and spaces available.
- All parents/carers of participants with Downs Syndrome must contact the Gymnastics Coordinator (0113 395 0165) to complete an 'Atlanto Axial Screening Form' prior to participation.



## Gymnasiums - Fitness (Inclusive Fitness Initiative)



**Facility Name:** Armley Leisure Centre - Leeds  
**Contact:** Direct to Centre  
**Tel:** 0113 3367880

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**Facility Name:** Richard Dunn Sports Centre - Bradford  
**Contact:** Direct to Centre  
**Tel:** 01274 307822

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**Facility Name:** Thornes Park Centre - Wakefield  
**Contact:** Direct to Centre  
**Tel:** 01924 302385

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**Facility Name:** The Leisure Centre - Keighley  
**Contact:** Direct to Centre  
**Tel:** 01535 681763

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**Facility Name:** Halifax Swimming Pool - Halifax  
**Contact:** Direct to Centre  
**Tel:** 01422 366624

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**Facility Name:** Galpharm Stadium - Huddersfield  
**Contact:** Direct to Centre  
**Tel:** 01484 234120

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## Multi-Sport Clubs

**Club:** Actionnaires - Bradford  
**Contact:** Nicole Sprent  
**Tel:** 0787 242 4479  
**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)  
**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Activities for young people who are blind and partially sighted.  
Richard Dunn Sports Centre, Bradford  
Every first and third Saturday of every month from 10.00am to 12.00pm.

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**Club:** Actionnaires - Huddersfield  
**Contact:** Nicole Sprent  
**Tel:** 0787 242 4479  
**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)  
**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Activities for young people who are blind and partially sighted.  
Huddersfield Sports Centre  
Every second and fourth Saturday of the month from 10.00am to 12.00pm.

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**Club:** Actionnaires - Leeds  
**Contact:** Nicole Sprent  
**Tel:** 0787 242 4479  
**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)  
**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Activities for young people who are blind and partially sighted.  
Leeds City College - Thomas Danby Campus, Roundhay Road, Leeds, LS7 3BG  
Second Saturday of every month from 10.00am to 12.00pm.

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**Club:** Junior Sports Academy - Bradford Disability Sport & Leisure  
**Contact:** Dean Carroll  
**Tel:** 01274 437093

**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

Nabwood Sports Centre  
Saturdays from 11:00am-1:00pm  
Ages 8-16yrs

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**Club:** **Calderdale 16+ Club**  
**Contact:** Debbie Greenwood  
**Tel:** 01422 284415  
**Email:** [Debbie.greenwood@calderdale.gov.uk](mailto:Debbie.greenwood@calderdale.gov.uk)  
**Web:** [www.calderdale.gov.uk](http://www.calderdale.gov.uk)

North Bridge Leisure Centre  
Saturdays from 7:00-9:00pm  
Suitable for adults from 16 upwards with any disability. Activities include football, hockey, volleyball, table tennis, tennis, badminton, tag rugby, indoor golf, athletics and more.

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**Club:** **Cardinals Wheelchair Sports & Social Club - Halifax, Calderdale**  
**Contact:** Malcolm Kielty  
**Tel:** 01422 206106  
**Email:** [mail@malcolmkielty.co.uk](mailto:mail@malcolmkielty.co.uk)  
**Web:** [www.thecardinals.org.uk](http://www.thecardinals.org.uk)

Training is at Whitcliffe Mount Sports Centre, Wednesday 8pm – 9.30pm for advanced level and Sunday 9.30am – 11.00 am for development level.  
Please see website for more details [www.thecardinals.org.uk](http://www.thecardinals.org.uk)

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**Club:** **D.R.E.A.M - Disability Recreation, Education and Advisory meetings**  
**Contact:** Brenda Taylor  
**Tel:** 07708 245425  
**Email:** [dreamnwleeds@hotmail.co.uk](mailto:dreamnwleeds@hotmail.co.uk)  
**Web:** [www.dreamnwleeds.btck.co.uk](http://www.dreamnwleeds.btck.co.uk)

Aireborough Leisure Centre  
3rd Monday of each month from 1:30pm-3:30pm  
Suitable for adults with any disability aged 18-65. Activities at Aireborough include a chair based exercise session on one Monday and Boccia, Polybat, New Age Kurling and skittles.

A limited amount of transport provided for people living in North West Leeds and Ilkley (£2). To book transport ring or email Brenda using the contact details above.

- Yearly membership £5
- Weekly session charge £1, no booking required, just turn up

**Club:** Kirklees Disabled Sports Club  
**Contact:** Robert Dyson  
**Tel:** 01484 514552  
**Email:** [robertpriestleydyson@hotmail.co.uk](mailto:robertpriestleydyson@hotmail.co.uk)  
**Info:** <http://www.kirklees.gov.uk/community/localorgs/orgdetails.asp?OrgID=1433>

Huddersfield Sports Centre  
Mondays from 7:15-9:30pm  
Suitable for both adults and children with any disability. Activities include swimming, table tennis, football, Boccia, Badminton and Kurling.

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**Club:** Leeds Disabled Sports Association  
**Contact:** Armley Leisure Centre  
**Tel:** 0113 3367880  
**Email:** [armley.lc@leeds.gov.uk](mailto:armley.lc@leeds.gov.uk)

Armley Leisure Centre - Leeds  
Tuesdays from 7:00-9:00pm. Small weekly session charge.  
Suitable for adults and children. Activities include Swimming, Boccia and use of the Bodyline fitness Suite.

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**Club:** Pool and Snooker Club  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)

Temple Row Keighley  
Monday evenings.  
Suitable for 14 yrs upwards. Activities include Pool, Darts, Snooker and Table tennis.

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**Club:** No 1 Club - Leeds  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council  
**Tel:** 0113 3950159  
**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

City of Leeds High School - Leeds  
Wednesday from 18.00-19:30pm (term time only)  
Suitable for children and young people aged 8 to 19 years. Activities include parachute games, boccia, New Age Kurling, football, basketball and a range of other sports.

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**Club:** Saturday Sports Zone – Halifax

**Contact:** Debbie Greenwood  
**Tel:** 01422 284415  
**Email:** [debbie.greenwood@calderdale.gov.uk](mailto:debbie.greenwood@calderdale.gov.uk)

North Bridge Leisure Centre, Halifax

Saturdays from 9:00am-12 noon

Suitable for children between 6 – 16 years old with any disability. Various sports, games and activities available depending on age, ability and demand.

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**Club:** **SOS Club (Sport on Saturday) - Leeds**  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council  
**Tel:** 0113 3950159  
**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

St Mary's Catholic High School (LS29 6AE) - Menston, Leeds

Saturdays from 10:30am-12noon (term time only)

Suitable for children and young people aged 8 to 16 years. Activities include parachute games, boccia, New Age Kurling, table top games, football, basketball and a range of other sports.

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**Club:** **Boston Spa Activities Club**  
**Contact:** Dee Lazenby  
**Tel:** 01937 840110  
**Email:**

Sessions run at Boston Spa School (LS23 6RW) on Mondays from 6:00-7:30pm (term time only).

Suitable for children and young people aged 11 to 17 years. Multi activity session including football, basketball, parachute games and athletics.

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**Club:** **W.A.D.S.A.D - Wakefield**  
**Contact:** Mrs E. Smith  
**Tel:** 01924 251591  
**Email:**

Pheonix Youth Centre, Batley Road

Saturdays 6:00-8:00pm

Wednesdays 7:00-8:00pm (Swim only at Castleford Sports Centre).

Activities include badminton, table tennis, pool and social activities. Suitable for 16 years – adults with any disability although most members have a learning difficulty.

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**Club:** Wakefield Able2 Club  
**Contact:** Steve Greatorex  
**Tel:** 01977 709576  
**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)  
**Web:** [www.able2.org.uk](http://www.able2.org.uk)

Featherstone Sports Centre, Wakefield  
Saturdays from 11:00am-1:00pm  
Suitable for children 11+ and young adults who have movement difficulties. Activities include Boccia, Gymnastics, Athletics, etc.

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**Club:** Wakefield Autism Leisure Club  
**Contact:** Claire Stephenson  
**Tel:** 01924 820233  
**Email:** [Claire.richard@talktalk.net](mailto:Claire.richard@talktalk.net)  
**Web:** [www.walc-online.com](http://www.walc-online.com)

Thornes Park Stadium, Wakefield  
Monday & Wednesday evenings  
A sports club for children from 8 yrs to young adults with autism. Activities include football, bowling archery, swimming and the club also take part in the Special Olympics.

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**Club:** Wednesday Leisure Club  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

Keighley leisure Centre  
Wednesday from 7:00-9:00pm  
Suitable for 13 yrs upwards. Activities include swimming, badminton, boccia, table top games, new age Kurling and more.

---

**Club Name:** Wheelers & Wobblers - Wakefield  
**Contact:** Spencer Pym  
**Tel:**  
**Email:** [spencerp12@sky.com](mailto:spencerp12@sky.com)  
**Web:** [www.wdco.org/site/Wheelers-and-Wobblers/](http://www.wdco.org/site/Wheelers-and-Wobblers/)

Stanley Community Centre, Wakefield  
Thursdays from 1:30-4:00pm



A club for adults with all disabilities although many members have physical disabilities. Activities include bowls, boccia, snooker, table tennis and more.

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**Club:** Senior Sports Academy - Bradford Disability Sport & Leisure  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

A club for 15-25 year olds based at Bradford College, Trinity Green Campus. A number of sports are available throughout the year.

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**Club:** Paralympic Club - Bradford Disability Sport & Leisure  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

A multi sports club focusing on gifted and talented young athletes (aged 11-18) based at Greenhead High School on Thursday evenings from 5:30-7:00pm.

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**Club Name:** The Mulberry Club  
**Contact:** Gail Tombs – Club Coordinator  
**Tel:** 07762018136  
**Email:** [gailtombs@btinternet.com](mailto:gailtombs@btinternet.com)

The Mulberry Club is a Community Multi Skills Sports Club which meets at Havercroft Sports Centre near Wakefield (WF4 2BD) on Monday evenings (term time). Our experienced and qualified coaches deliver fun sessions of sports fundamentals, focussing on mobility, balance and co-ordination.

Juniors (7-11years) meet 6.00- 7.00pm, Seniors (12- 20 years) meet 7.00- 8.00pm. £2.50 per session.

Autumn Term club dates are: 12th, 19th, 26th September, 3rd, 10th, 17th, 31st October, 7th, 14th, 21st, 28th November, 5th, 12th December.

Please contact Gail for more details.

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**Club:** Priesthorpe Multi Activity Club - Leeds  
**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council.  
**Tel:** 0113 3950159

**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Priesthorpe School, Farsley, LS28 5SG

Tuesday 6.00pm to 7.30pm (term time only)

Suitable for children and young people aged 8 to 19 years. Activities include parachute games, boccia, New Age Kurling, football, basketball and a range of other sports.

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**Club:** **Pudsey Gateway**

**Contact:** Ginny holroyd

**Tel:** 0113 2550018

**Email:** [ginnyholroyd200452@hotmail.com](mailto:ginnyholroyd200452@hotmail.com)

Priesthorpe School, Farsley, LS28 5SG

Thursday 6.45pm to 9.15pm (term time)

Suitable for adults 16+

Social activities including boccia, bowls, snooker, football. Also attend events and competitions through Special Olympics such as bowls, boccia, athletics, swimming, football.

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## **Phab Clubs: Making more of life together**

Phab's aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community. Phab creates opportunities for children and adults of all abilities to enjoy life together by supporting a network of nearly 200 clubs throughout England and Wales for all age ranges, offering activities and holidays which members can share and enjoy together. They also promote and encourage the self confidence and independence of young people of all abilities through a range of diverse projects.

<http://www.phab.org.uk/>

### **Bradford Phab Club (Young People)**

Club Leader: Akbar Khan

Email: [admin@bradfordphabclub.org.uk](mailto:admin@bradfordphabclub.org.uk)

Tel: (Mobile) 6pm to 9pm only- 07850 964864

Wednesdays - St Stephens C of E School and Fairfax Swimming Baths

<http://www.bradfordphabclub.org.uk/>

### **Calder Valley Phab Club (Adult)**

Club Leader: Pam Sharp

Tel: 01422 885098

Monday – Friday

**Heath Stroke Phab Club - Halifax (Adult)**

Club Leader: Joanne Sweat-West

Tel: 01422 330320

Monday – Friday

**Leeds Phab Club (Young People & Adult)**

Club Leader: Ann Hart MBE

Tel: 01937 573722

Fridays - Prince Philip Centre, Scott Hall Avenue, Scott Hall Road, Leeds LS7 2HJ

<http://www.phab-leeds.org.uk/index.html>

**North Kirklees Phab Club – Dewsbury (Young People & Adult)**

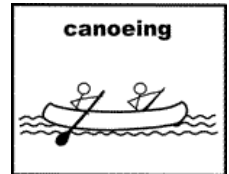
Club Leader: Lesley O'Donnell

Tel: 01924 438239

Mondays & Thursdays



# Outdoor Pursuits



**Club:** Pugneys Country Park & Watersports Centre  
**Contact:** Direct to Centre  
**Tel:** 01924 302360  
**Email:** [www.experiencewakefield.co.uk](http://www.experiencewakefield.co.uk)

Asdale Rd, off Denby Dale Rr, Wakefield, WF2 7EQ

This site caters for water sports such as canoeing, sailing and windsurfing.

A track runs round the largest lake and is approximately 1.6 miles long, suitable for running or taking a stroll. The footpath situated around the lake is wide and suitable for wheelchair users, electric wheelchairs are also available. Angling is also accessible at this site with nearby pegs. There is also a bird hide and trim trail.

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**Club:** Leeds Sailing & Activity Centre – Yeadon Tarn  
**Contact:** Direct to Centre  
**Tel:** 0113 250 3616  
**Email:** [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk)

**Disability After School Club** Tuesdays 4pm to 5pm from April to September term time

- Suitable for adults and children.
- Sailing courses
- Kayaking and canoeing courses
- BMX track (customers use own bikes)
- Orienteering (level route)
- Traversing wall (low level)
- Climbing

Schools and groups can book on to any of the above for a full or part day. A combination of any of the activities above can be arranged.

Leeds Sailing and Activity centre have a lot of experience working with disabled people and adapting their activities to suit people's needs. They have a wide range of equipment for water activities, 2 kayaks are specifically suitable to physically disabled people with contoured seats and back supports.

All activities run from the centre are licensed by the 'Adventure Activity Licensing Authority' and comply with the guidelines and rules of the National Governing Body of each sport that takes place at the centre.

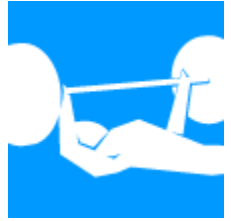
**Club:** Open Country  
**Contact:** David Shaftoe  
**Tel:** 01423 507227  
**Email:** [info@opencountry.org.uk](mailto:info@opencountry.org.uk)  
**Web:** [www.opencountry.org.uk](http://www.opencountry.org.uk)

Open Country is a Harrogate-based organisation that seeks to enable anyone with any disability to access the countryside.

We achieve this through a variety of countryside activities and the provision of information, training and advice.

Fully accessible transport is provided and teams of trained volunteers are on hand to offer assistance as necessary.

# Power Lifting



**Club:** Bradford Disability Sport & Leisure  
**Contact:** Dean Carroll  
**Tel:** 01274 437093  
**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)  
**Web:** [www.bradforddisabilitysports.co.uk](http://www.bradforddisabilitysports.co.uk)

Sundays from 9:00am-12:30pm (Leeds). Session is Suitable for 16 years and over and is currently priced at £5. Please contact BDSL directly for more information.

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## Riding for the Disabled Association

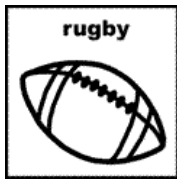


**Club:** Multiple opportunities across West Yorkshire.  
**Contact:** Local County Chairperson  
**Tel:** **0845 450 7092**  
**Email:**  
**Web:** <http://www.rda.org.uk/>

See <http://www.rda.org.uk/rda-near-you/locations> for information about local groups.

Riding for the Disabled Association has 23 groups and are divided into three counties, West Yorkshire, North Yorkshire and Cleveland. All facilities are fully equipped to allow access and use by people with a range of disabilities.

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## Rugby

**Club:** **Bradford Bees (mixed ability rugby for all)**  
**Contact:** Mark Goodwin - [gooders123@talktalk.net](mailto:gooders123@talktalk.net)  
Dave Morris - [david.morris2@mitie.co.uk](mailto:david.morris2@mitie.co.uk)  
**Web:** [www.juniorbees.net/#/new-team/4535742534](http://www.juniorbees.net/#/new-team/4535742534)

A recently formed team that are open for mixed ability adult players. The team are hosted by Bradford and Bingley RFC and train on Saturday mornings. Please contact Mark or Dave for more information.

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Also see **Wheelchair Rugby League** (Page 44)



# Sailing



**Club:** Otley Sailing Club - Yorkshire Regional Base  
**Contact:** Norman Stephens  
**Tel:** 0113 2933021  
**Email:** [norman.stephens@ntlworld.com](mailto:norman.stephens@ntlworld.com)  
**Web:** [www.otley-sailingclub.co.uk](http://www.otley-sailingclub.co.uk)

Sailability is a "not for profit", volunteer-based organisation which, through the activity of sailing, enriches the lives of people with any type of disability.

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**Club:** Leeds Sailing and Activity Centre, Cemetery Road, Yeadon  
**RYA (Royal Yachting Association) Sailability centre**  
**Contact:** Direct to Sailing and Activity centre  
**Tel:** 0113 250 3616  
**Email:** [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk)

Suitable for adults and children

Suitable for individuals or groups

Individual or multi activity sessions available

Bookings can be hourly, half or full day, courses or one-off sessions

- Sailing
- Kayaking and canoeing
- Off road biking (customers use own bikes)
- Orienteering (level route)
- Traversing wall (low level)
- Climbing – indoor and outdoor

There is a wide range of specialised equipment for disability use including kayaks with contoured seats and back supports, sailing boats specifically adapted for disability use and a jetty hoist

# Snowsports

**Club:** Disability Snowsports – Xscape, Castleford  
**Contact:** Dave Whitehead  
**Tel:** 07792 510 611  
**Email:** [Dave@disabilitysnowsport.org.uk](mailto:Dave@disabilitysnowsport.org.uk)

Training sessions are held at Xscape, Castleford every Tuesday from 11am-9pm. All abilities and ages are welcome. For more information please contact Rachel – booking essential.

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## Swimming – Group Sessions



### **Amateur Swimming Association (ASA)**

Chris Armstrong – Regional Disability Swimming Officer  
07787 269306

[Chris.Armstrong@swimming.org](mailto:Chris.Armstrong@swimming.org)

The ASA assist with the coordination of specific pathways for disabled swimmers (including Playground to Podium events). Please call Chris for more details.

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**Club: Actionnaires - Huddersfield**

**Contact:** Nicole Sprent

**Tel:** 0787 242 4479

**Email:** [nicole.sprent@actionforblindpeople.org.uk](mailto:nicole.sprent@actionforblindpeople.org.uk)

**Web:** <http://www.actionforblindpeople.org.uk/our-services/children-young-people-and-families/children-and-families/actionnaires/>

Activities for young people who are blind and partially sighted.

Huddersfield Sports Centre

Every second and fourth Saturday of the month from 10.00am to 12.00pm.

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**Club: Batley Mencap**

**Contact:** John Dewhirst

**Tel:** 01274 870202

**Email:** [jcdewhirst@hotmail.com](mailto:jcdewhirst@hotmail.com)

Swimming sessions for adult members of Batley Mencap are held at Batley Baths and recreation centre Tuesday evenings 8pm – 9pm. The session is currently priced at £1.50. Please call for joining instructions.

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**Club: Bradford Disability Sport & Leisure**

**Contact:** Dean Carroll

**Tel:** 01274 437093

**Email:** [bsr@btconnect.com](mailto:bsr@btconnect.com)

**Web:** [www.bradforddisabilitiesports.co.uk](http://www.bradforddisabilitiesports.co.uk)

Sessions are held at Shipley Swimming Pool, Fridays from 4:00-5:00pm.  
Suitable for 8yr olds and over, particularly people with learning difficulties.

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**Club:** Wakefield Able2 Swim Club  
**Contact:** Steve Greatorex  
**Tel:** 01977 709576  
**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)  
**Web:** [www.able2.org.uk](http://www.able2.org.uk)

Sessions are held at Featherstone Swimming Pool Wakefield on Thursdays from 6:15-7:15pm.  
The session is currently priced at £2, carers go free.

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**Club:** Kirklees Disability Sports Club  
**Contact:** Robert Dyson  
**Tel:** 01484 514552  
**Email:** [Huddersfield.sc@kirklees.gov.uk](mailto:Huddersfield.sc@kirklees.gov.uk)

Sessions are held at Huddersfield Sports Centre on Mondays from 7:15-9:30pm and are suitable for both adults and children with any disability.

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**Club Name:** Borough of Kirklees Disability Swimming Club  
**Contact:** Maureen Holroyd  
**Tel:** 01484 234098  
**Email:** [maureen.holroyd@kirklees.gov.uk](mailto:maureen.holroyd@kirklees.gov.uk)

Sessions are held at Stadium Leisure Complex, Huddersfield on Saturday evenings from 4:00-6:00pm. The session includes 'learn to swim' and performance squad training for disabled swimmers.

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**Club:** Leeds Area Disabled Swimming Club  
**Contact:** Christine Shearon  
**Tel:** 0113 2757825  
**Email:**

Sessions are held at Holt Park Leisure Centre, Leeds on Monday evenings from 7:00-8:00pm

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**Club Name:** Leeds Disabled Sports Association  
**Contact:** Armley Leisure Centre  
**Tel:** 0113 3367880  
**Email:**

Sessions are held at Armley Leisure Centre, Leeds on Tuesday evenings from 7:00-9:00pm. The session is suitable for both adults and children of any abilities.

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**Club:** W.A.D.S.A.D - Wakefield  
**Contact:** Elizabeth Smith  
**Tel:** 01924 251591

Sessions are held at Castleford Sports Centre on Wednesdays from 7:00-8:00pm. The session is suitable for 16 years upwards with any disability.

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### **PERFORMANCE SQUAD SWIMMING:**

**Club Name:** Borough of Kirklees Disability Swimming Club  
**Contact:** Maureen Holroyd  
**Tel:** 01484 234098  
**Email:** [maureen.holroyd@kirklees.gov.uk](mailto:maureen.holroyd@kirklees.gov.uk)

Sessions are held at Stadium Leisure Complex, Huddersfield on Saturday evenings from 4:00-6:00pm. The session includes 'learn to swim' and performance squad training for disabled swimmers.

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**Club:** City of Bradford Swimming Club  
**Contact:** Andrew Pearce  
**Tel:**  
**Email:** [Andrew.pearce@bradford.gov.uk](mailto:Andrew.pearce@bradford.gov.uk)  
**Web:** [www.cobsc.co.uk](http://www.cobsc.co.uk)

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**Club:** City of Leeds Swimming Club  
**Contact:** Alex Gray  
**Tel:**  
**Email:** [c/o richard.denigan@leeds.gov.uk](mailto:c/o richard.denigan@leeds.gov.uk)  
**Web:** [www.swimleeds.org.uk](http://www.swimleeds.org.uk)

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**Club:** Halifax Swimming Club  
**Contact:** Mary McLung  
**Tel:**  
**Email:** [admin@halifaxswimmingclub.co.uk](mailto:admin@halifaxswimmingclub.co.uk)  
**Web:** [www.halifaxswimmingclub.co.uk](http://www.halifaxswimmingclub.co.uk)

# Table Tennis



## **English Table Tennis Association (ETTA)**

Shaun Alvey – Disability Table Tennis Officer (Yorkshire)

07793 050037

[salvey@etta.co.uk](mailto:salvey@etta.co.uk)

The ETTA assist with the coordination of specific pathways for disabled players (including Playground to Podium events). Please call Shaun for more details.

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## **Club Name: Dewsbury Table Tennis Club**

**Contact:** Ray Burch

**Tel:** 01924 495696

**Web:** [www.dewsburyttl.org.uk](http://www.dewsburyttl.org.uk)

The club is based at Heckmondwike Table Tennis Centre (WF16 9ED). The centre coordinator is Lynn Melia and she can be contacted on 07855 745392.

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## **Club Name: Pudsey Table Tennis Club (Leeds)**

**Contact:** Sandra Rider

**Tel:** 0113 2574368

**Email:** [sandrarider@ntlworld.com](mailto:sandrarider@ntlworld.com)

**Web:** [www.pudseyttc.co.uk](http://www.pudseyttc.co.uk)

The Club is based at Pudsey Bowling Club. Please contact Sandra for more information.

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## **Club Name: Bradford Fastbats Table Tennis Club**

**Contact:** Noel Chipman – 07588 664175

Sally Shutt – 01274 581129

**Email:** [sally.shutt@etta.co.uk](mailto:sally.shutt@etta.co.uk)

**Web:** [www.comenplay.com/profiles/default.aspx?mid=8391](http://www.comenplay.com/profiles/default.aspx?mid=8391)

The Club is based at Bradford Girls' Grammar School. Please call Noel or Sally for more information.

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# Tennis



**Club Name:** Cardinals Wheelchair Sports & Social Club - Halifax, Calderdale

**Contact:** Malcolm Kielty

**Tel:** 01422 206106

**Email:** [mail@malcolmkielty.co.uk](mailto:mail@malcolmkielty.co.uk)

**Web:** [www.thecardinals.org.uk](http://www.thecardinals.org.uk)

The sessions are held at Whitcliffe Mount Leisure Centre on Wednesdays 8pm – 9.30pm for advanced level and Sunday 9.30 am – 11am for development level.

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**Club Name:** Disability & Wheelchair Tennis Coaching (Leeds)

**Contact:** Ross Bibby – Disability Sport Officer – Leeds City Council

**Tel:** 0113 3950159 or 0789 127 0930

**Email:** [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

- Weekly tennis coaching sessions
- LTA qualified coaches deliver the sessions
- Suitable for people aged 11-19 years old with any disability
- Tennis wheelchairs available
- £2.60 per session

Disability and Wheelchair Tennis Coaching is one of the outstanding projects granted the London 2012 Inspire mark, the badge of London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.

For further information and to book on please contact Ross Bibby, Disability Sports Development Officer.

# Wheelchair Basketball



## Great British Wheelchair Basketball Association (GBWBA)

Jo Richards – Development Director  
01509 279900  
[j.richards@gbwba.org.uk](mailto:j.richards@gbwba.org.uk)

GBWBA assist with the coordination of specific pathways for players (including Playground to Podium events) and also offer coach development opportunities. Please call Jo or the head office for more details - 01509 279900.

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**Club:** Cardinals Wheelchair Sports & Social Club - Halifax, Calderdale  
**Contact:** Malcolm Kielty  
**Tel:** 01422 206106  
**Email:** [mail@malcolmkielty.co.uk](mailto:mail@malcolmkielty.co.uk)  
**Web:** [www.thecardinals.org.uk](http://www.thecardinals.org.uk)

The sessions are held at Whitcliffe Mount Leisure Centre on Wednesdays 8pm – 9.30pm for advanced level and Sunday 9.30 am – 11am for development level.

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**Club:** Leeds Spiders Wheelchair Sports Club  
**Contact:** Andrew Gardner  
**Tel:** 07769 938798  
**Email:** [andyg@leedsspiders.org.uk](mailto:andyg@leedsspiders.org.uk)  
**Web:** [www.leedsspiders.org.uk](http://www.leedsspiders.org.uk)

Training sessions and matches are played at Morley Leisure Centre on Wednesdays from 8pm-10pm. The club is open to anyone regardless of ability and is suitable for adults and children. Please contact the club before your first visit.

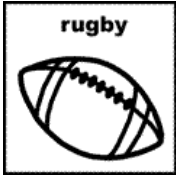
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**Club:** Wakefield Whirlwinds (Wakefield Able2)  
**Contact:** Steve Greatorex  
**Tel:** 01977 709576  
**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)  
**Web:** [www.able2.org.uk](http://www.able2.org.uk)

Sessions are held at Featherstone Sports Centre, Pontefract on Fridays from 6:30-8:00pm. All abilities are welcome.

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## Wheelchair Rugby League

For further information about Wheelchair Rugby League (not to be confused with Wheelchair Rugby or Murderball) please visit the Rugby Football League website:  
[www.therfl.co.uk/community/page.php?areaid=140&id=308](http://www.therfl.co.uk/community/page.php?areaid=140&id=308)

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**Club:** Halifax Wheelchair Rugby League Club  
**Contact:** Malcolm Kielty  
**Tel:** 01422 206106 or  
**Email:** [mail@malcolmkielty.co.uk](mailto:mail@malcolmkielty.co.uk)  
**Web:** [www.communitycoaching.org.uk/introduction](http://www.communitycoaching.org.uk/introduction)

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**Club:** Featherstone Whirlwinds (Wakefield Able2)  
**Contact:** Steve Greatorex  
**Tel:** 01977 709576  
**Email:** [GREATOREX\\_S@sky.com](mailto:GREATOREX_S@sky.com)  
**Web:** [www.able2.org.uk](http://www.able2.org.uk)

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**Club:** Bradford Bulls Wheelchair Rugby League Club  
**Contact:** Gill Johnson  
**Tel:** 01274 587330  
**Email:** [gjohnson0@hotmail.com](mailto:gjohnson0@hotmail.com)

The team currently trains at Bradford College, Trinity Green Campus on Mondays from 5.00 pm - 7.00 pm.



[www.westyorkshiresport.co.uk](http://www.westyorkshiresport.co.uk)