

Session Name	Description	Age Range	Open or Impairment/ Disability specific?	Location	Day	Time	Term time or all year?	Cost	Main Contact Details	Referral needed?	Equipment provided?	Any other relevant info
DanceAbility with Yoga and Stretch	DanceAbility is aimed at all children with a disability to participate in a fun session of music and dance followed by relaxing Yoga and stretching.	Session 1 6-10 yrs	Severe Learning Disabilities and children with Complex Needs, maximum 6 per session	George Shearing Centre, Este Road, SW11 2TF	Sundays	10 to 10.50am	Run 4 blocks of 8-10 sessions over the year	£5 per session	Kaity Hall khall@enablelc.org 02039590038	Please contact Kaity Hall to book.	Yes	Parents are asked to participate when needed with their child. Siblings are more than welcome to come along.
		Session 2 6-10 yrs	Pan Disability	George Shearing Centre, Este Road, SW11 2TF	Sundays	11 to 11.50am	Run 4 blocks of 8-10 sessions over the year	£5 per session	Kaity Hall khall@enablelc.org 02039590039	Please contact Kaity Hall to book.	Yes	Parents are asked to participate when needed with their child. Siblings are more than welcome to come along.
		Session 3 11-18 yrs	Pan Disability	George Shearing Centre, Este Road, SW11 2TF	Sundays	12 to 1pm	Run 4 blocks of 8-10 sessions over the year	£5 per session	Kaity Hall khall@enablelc.org 02039590040	Please contact Kaity Hall to book.	Yes	Parents are asked to participate when needed with their child. Siblings are more than welcome to come along.
Watersports	These sessions give children and young people with special educational needs and or disabilities, the opportunity to try a variety of watersports such as sailing, kayaking and canoeing	8-18 yrs	Pan Disability	Wimbledon Park Watersports Centre	Saturdays Wednesday Thursday	Saturdays 10 to 11 Wednesday 10 to 11 Thursday 4.30 to 5.30pm	Saturdays and Thursdays vary during term time Wednesdays are Summer Holidays only	£5 per session	Kaity Hall khall@enablelc.org 02039590040	Please contact Kaity Hall to book..	Yes	We do have hoists available if needed to get in and out of the boats please specify in advance if needed.
Dolphins Swimming Club	The Dolphins Swim Club is for children and young people with learning Disabilities. All club members may attend swimming galas throughout the year to compete against swimmers of similar ability from other boroughs.	5+ yrs	Pan Disability	Latchmere Leisure Centre Burns Road SW11 5AD	Fridays	7.30 to 9pm	Term Time	£10 per term	Pam Hall pamhall35@aol.com  Eileen Beard 020 8672 1761	No referral needed	Yes	
Wimbledon Disability Badminton Club	Pan Disability badminton session. First three sessions are free, and you can bring along a buddy. The club has 2 sports wheelchairs if needed. Any ability, including beginners welcome.	8+ yrs	Pan Disability	Wimbledon Racquets Centre Cranbrook Road Wimbledon	Saturdays	5 to 6.30pm	All year with exception of Summer and December Holidays	£4 per session if club member £6 if not	Lorraine Brydie lorrainebrydie@hotmail.co.uk	No referral needed	Yes	
		8+ yrs	Physical Disabilities	Wimbledon Racquets Centre Cranbrook Road Wimbledon	Saturdays every 2 weeks	6.30 to 8pm	All year with exception of Summer and December Holidays	£4 per session if club member £6 if not	Lorraine Brydie lorrainebrydie@hotmail.co.uk	No referral needed	Yes	
Chi Gung	A Chinese Martial Art Chi Gung focuses on gentle exercises, synchronised with relaxed breathing to help relieve stress and improve mindfulness	18+ yrs	Inclusive Activity	Penfold Centre Wandsworth High Street SW18 4TF	Thursdays	12 to 1pm	All Year- some weeks of during the holiday periods	£3- first class is free	<a href="mailto:activelifestyles@enablelc.org">activelifestyles@enablelc.org</a>	No referral needed	Yes	

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Wandsworth Amateur Swimming Association	Swimming lessons for disabled children of all abilities to learn to swim in a safe, supportive environment with qualified and friendly instructors. Swimmers are given 30 minute sessions with 1:1 support if needed.	5-18 yrs	Pan Disability	Ernest Bevin School SW17 7DF	Saturdays	1.30 to 4pm	Term Time	£65 per term	William Collins wblc11@hotmail.com  Cindy Hanegraaf graafics1@icloud.com	Please contact William or Cindy for more information	Yes	
FC Porto Football	FC Porto are a local Battersea football club who have recently branched out to develop a disability sector to their club. The session is run by volunteers of the club who are all enthusiastic and passionate about growing the game in Wandsworth	5 -16 yrs	Pan Disability	Battersea Park Millennium Arena	Tuesdays	5pm to 6pm	Term Time	Free	Josh Lino DeCosta enquiryfcpld@hotmail.com 07734050261	No referral needed	Yes	
London Recumbents	At London Recumbents in Battersea Park you can hire a range of modified cycles including trikes, side by side bikes, wheelchair bikes, tandems and more. Anyone with a WAND card can get free hire for 1 hour and one parent, carer or friend.	3 - 18 yrs	Pan Disability	Battersea Park	Weekends and School Holidays	1 to 4.30pm or 1 hour before dusk during winter	Weekends and Schools Holidays	Free	<a href="mailto:info@londonrecumbents.com">info@londonrecumbents.com</a>	Must have a valid Wand Card	Yes	With the Wand card you can get free parking in the Park.
Girls Win	Girls Win uses sport to help young women 16 – 25 with a disability set short, medium and long-term goals. It empowers young women to think more positively about their future, how goal setting can develop their prospects for the future and engages young women in activities that keep the body and mind healthy to adopt a growth mind-set.	15 - 25yrs	Pan Disability - FEMALE ONLY	George Shearing Centre, Este Road, SW11 2TF	Tuesdays	4.15 to 5.15pm	Term time	FREE	Maddy Ford maddyford@change4dn.org.uk 07824589443	Please contact Maddy Ford to join	Yes	Other free opportunities include trips, residential, work experience, etc.
Disability Sports Coach Community Club Wandsworth	Our Community Clubs are award-winning, weekly multi-sports activities for all disabled people aged 8 years and over.	8yrs - 88yrs	Pan-Disability	Caius House Youth Centre, Battersea, Wandsworth, SW11 3RL	Tuesdays	4.30 to 6pm	Term time	£3 per session (£1.50 for WAND card)	Laura Abrahams Laura@disabilitysportscoach.co.uk 07508 044 435	Can Register online <a href="https://disabilitysportscoach.co.uk/community-clubs/club-wandsworth/">https://disabilitysportscoach.co.uk/community-clubs/club-wandsworth/</a> or turn up on the day	Yes	Parents/Carers are asked to support when needed with their child/client
Family fitness/ Kickboxing	A inclusive fitness class aimed at children and adults who would like to improve their overall fitness levels and learn self defence.	6+ yrs	Children and adults with a 30+ BMI, Physical disabilities, Type2 diabetes.	Newlands Hall, 226 Stroud Crescent, Putney Vale, SW15 3EP	Tuesdays	6 to 7.30 pm	Session run all year round, except 6 week school holidays.	£6 per session. First session free	<a href="tel:07732837777">Mark 07732837777</a> <a href="mailto:knightsgym@yahoo.co.uk">knightsgym@yahoo.co.uk</a>	Please text or call to book a place, first class is free.	Yes	Parents can participate, but may leave their children in our care.
	Coached session for boys 12+	12+ yrs	Intermediate level	Caius House Youth Centre	Monday	6 to 7.30 pm	All year	£8	Cisel Ormanci littlegiantsvc@gmail.com 07896345315		All provided	

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Little Giants Volleyball	Coached session for girls 12+	12+ yrs	Intermediate level	Caius House Youth Centre	Tuesday	6 to 8PM	All year	£8	Cisel Ormanci littlegiantsvc@gmail.com 07896345315		All provided	
	Open coached session	8-17 yrs	Beginners and intermediate level	Caius House Youth Centre	Wednesday	5.30 to 7pm	All year	£8	Cisel Ormanci littlegiantsvc@gmail.com 07896345315		All provided	
	Only girls advanced level	12+ yrs	Intermediate level	Caius House Youth Centre	Saturday	10 to 11.30am	All year	£8	Cisel Ormanci littlegiantsvc@gmail.com 07896345315		All provided	
	Only boys advanced level	12+ yrs	Intermediate level	Caius House Youth Centre	Saturday	11.30am to 1pm	All year	£8	Cisel Ormanci littlegiantsvc@gmail.com 07896345315		All provided	
Lord's Taverners Disability Cricket (Super 1s)	Learn the basics of cricket and get the opportunity to participate in tournaments	13-25 yrs	All disabilities are welcome but there is no access to wheelchair users as sessions are held on the first floor	Gym1, Burntwood School, Burntwood Lane, SW17 0AQ	Mondays	4 to 5pm	School term September to March	Free	Alain Jason - alain@googlycricket.com 07775893650	Please contact Alain to book.	Yes	
Lord's Taverners Disability Cricket (Super 1s)	Learn the basics of cricket and get the opportunity to participate in tournaments	13-25 yrs	All disabilities are welcome	Spencer Cricket Club, Fieldview, Earlsfield, SW18 3HF.	Mondays	4 to 5pm	School term April to July.	Free	Alain Jason - alain@googlycricket.com 07775893650	Please contact Alain to book.	Yes	
Down's Syndrome Cricket	Learn the basics of cricket	Open age	For people with Down's Syndrome	Spencer Cricket Club, Fieldview, Earlsfield, SW18 3HF.	Mondays	5 to 6pm	School term April to July.	Free	Emma O'Connor emma.oconnor@downs-syndrome.org.uk 0333 1212 300	Please contact Emma to book.	Yes	Parents are asked to participate when needed with their child.
Junior Inclusive Cricket	Learn the basics of cricket	5-12 yrs	Pan Disability	Spencer Cricket Club, Fieldview, Earlsfield, SW18 3HF.	Fridays	4.30 to 5.30pm	School term April to July.	Free	Alain Jason - alain@googlycricket.com 07775893650	Please contact Alain to book on.	Yes	Parents are asked to participate when needed with their child.
Love to Move	Fun, age and dementia friendly seated chair activity to music. Benefits though with cognitive impairment or for the older generation who just want to be able to move better.	25yrs+	Any ability	Tooting Leisure Centre	Thursday	11.30am to 12.30pm	Every week excluding major holiday periods, Easter and Christmas and some summer holiday. Details on our website	FREE	Mary L. Wright marylouisewright@btinternet.com Mobile: 07703 599 558	No	Yes	
Parent and Toddler	Parent and Toddler sessions cater for children from walking up to 3 years old. We are an inclusive class and ask that parents and/or carers join in with their toddler	Walking up to 3yrs	Any ability	Tooting Leisure Centre	Thursday	2 to 2.45pm 3 to 3.45pm	Every week excluding major holiday periods, Easter and Christmas and some summer holiday. Details on our website		Mary L. Wright marylouisewright@btinternet.com Mobile: 07703 599 558	No	Yes	

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Flyerz Hockey	A new Pan Disability hockey from London Wayfarers Hockey Club open to anyone looking to play. First 3 are free taster sessions and any hockey siblings or friends are welcome to join you at the session.	11-19 yrs	Pan Disability	Saint Francis Xavier School SW12 8EN	Monday	5.45 to 6.45pm	Every 2 weeks, please contact to find the first week running	First 3 sessions free	To book on or for more information please contact; <a href="mailto:lwhc.flyerzmembers@gmail.com">lwhc.flyerzmembers@gmail.com</a> .	No referral needed	Yes	
Flyerz Hockey	A new Pan Disability hockey from London Wayfarers Hockey Club open to anyone looking to play. First 3 are free taster sessions and any hockey siblings or friends are welcome to join you at the session.	8-25 yrs	Pan Disability	Bank of England Sports Ground, Roehampton SW15 5JQ	Wednesday	6 to 7pm	Every 2 weeks, please contact to find the first week running	First 3 sessions free	To book on or for more information please contact; <a href="mailto:lwhc.flyerzmembers@gmail.com">lwhc.flyerzmembers@gmail.com</a> .	No referral needed	Yes	