

SCOTTISH DISABILITY  
SPORT

# West of Scotland Sports Opportunities

Updated May 2016





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# ARGYLL & BUTE

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## MULTI SPORTS

### Kidz Club Multi Sports

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**Where**

Salen Church, Isle of Mull

**When**

Saturday: 2-4pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

£2 per session

**Contact**

Babs Whyte: 07917 073 419

babs.whyte@tobermory.argyll-bute.sch.uk

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## MULTI SPORTS

### Young Persons' Multi Sports

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**Where**

Dunoon Grammar School

**When**

Wednesday: 4-5.30pm

**Who**

Physical, learning and sensory disabilities - P1 - S6

**Cost**

£3.75 per week

**Contact**

Lindsay Mitchell: 07917 073 429

Lindsay.Mitchell@argyll-bute.gov.uk

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## SWIMMING

### Helensburgh ASC (mainstream club)

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**Where**

Helensburgh Swimming Pool

**When**

Various times

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Mary Law: 07906 219 871

marylawuk@yahoo.co.uk

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# AYRSHIRE

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## ATHLETICS

### ACE Race Running Club

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**Where**

Dam Park, Ayr

**When**

Monday: 6-7.30pm

**Who**

**Cost**

Contact for details

**Contact**

Peter/Margaret Drysdale

[mpdrysdale@aol.com](mailto:mpdrysdale@aol.com) / 01292 266 634

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## ATHLETICS

### Race Running

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**Where**

Ayrshire Athletics Track, Kilmarnock

**When**

Thursday: 5-6pm

**Who**

Cerebral palsy, muscular dystrophy, Parkinson's Disease, other disabilities affecting mobility and balance - 4+ yrs

**Cost**

£1.75 per session

**Contact**

Steven Mair

[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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## ATHLETICS

### Run, Jump & Throw Club

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**Where**

Ayrshire Athletics Club, Kilmarnock

**When**

Various times

**Who**

Physical, learning and sensory disabilities - 5-10 years

**Cost**

Contact for details

**Contact**

Ayrshire Athletics Arena - 01563 555 227

[AAArena@east-ayrshire.gov.uk](mailto:AAArena@east-ayrshire.gov.uk)

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## BOWLS

### Carpet Bowls

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**Where**

Volunteer Rooms, Irvine

**When**

Every second Wednesday: 7pm

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Contact for details

**Contact**

Peter Orr

[peterorr45@yahoo.co.uk](mailto:peterorr45@yahoo.co.uk)

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# AYRSHIRE

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## DANCE

### DanceAbility

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**Where**

Whitletts Activity Centre, Ayr

**When**

Tuesday: 1.15-2.45pm

**Who**

Physical, learning and sensory disabilities - 17+ years

**Cost**

£2 per session

**Contact**

Activity for Health - 01292 269 793 OPT 3  
[activityforhealth@south-ayrshire.gov.uk](mailto:activityforhealth@south-ayrshire.gov.uk)

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## DANCE

### DanceAbility

---

**Where**

Whitletts Activity Centre, Ayr

**When**

Thursday: 12-1pm

**Who**

Physical, learning and sensory disabilities - 17+ years

**Cost**

£2 per session

**Contact**

Activity for Health - 01292 269 793 OPT 3  
[activityforhealth@south-ayrshire.gov.uk](mailto:activityforhealth@south-ayrshire.gov.uk)

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## FOOTBALL

### Football

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**Where**

Whitletts Activity Centre, Ayr

**When**

Sunday: 2.30-4pm fortnightly

**Who**

Learning disabilities - 4-9 years

**Cost**

£2.20

**Contact**

01292 288 845

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## FOOTBALL

### Powerchair Football

---

**Where**

Whitletts Activity Centre, Ayr

**When**

Contact for details

**Who**

Powerchair users - 8+ years

**Cost**

£2.20 per session

**Contact**

01292 288 845

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## MARTIAL ARTS

### Irvine Judo Club

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**Where**

Parterre Hall, Irvine

**When**

Tuesday / Thursday

6-6.30pm / 6.30-7.30pm / 7.30-8.30pm

**Who**

Physical, learning and sensory disabilities - 5-7 years / 7-14 years / adults

**Cost**

Contact for details

**Contact**

Gordon Brawley - 07515 626 185  
[g.brawley@sky.com](mailto:g.brawley@sky.com)

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# AYRSHIRE

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## MARTIAL ARTS

### Tam's Brigg

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**Where**

Ayr Health Strength Club, KA8 9AE

**When**

Tuesday / Thursday: 6.15-9.30

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Michele Strachan - 07854 441 572  
[michaele.strachan@yahoo.co.uk](mailto:michaele.strachan@yahoo.co.uk)

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## MARTIAL ARTS

### Cluarankwai Judo Club

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**Where**

21 Newmill Road, Kilmarnock KA1 3JB

**When**

Friday 7-8pm

**Who**

Physical, learning and sensory disabilities - 7-13 years

**Cost**

Contact for details

**Contact**

Jim Longmuir - 07970 6941 456  
[jyl777@talktalk.net](mailto:jyl777@talktalk.net)

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## MARTIAL ARTS

### Cluarankwai Judo Club

---

**Where**

21 Newmill Road, Kilmarnock KA1 3JB

**When**

Friday 8-9pm

**Who**

Physical, learning and sensory disabilities - 14+ years

**Cost**

Contact for details

**Contact**

Jim Longmuir - 07970 6941 456  
[jyl777@talktalk.net](mailto:jyl777@talktalk.net)

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## MARTIAL ARTS

### Ayrshire Judo Club

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**Where**

Venue to be confirmed

**When**

Times to be confirmed

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Lesley Kernohan - 07906 395 350  
[lesley\\_largs@hotmail.co.uk](mailto:lesley_largs@hotmail.co.uk)

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## MULTI SPORTS

### CHAMPS: Challenging Health, Arts, Movement, Play and Sport

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**Where**

Bellfield Community Centre, Kilmarnock

**When**

Monday: 5.30-7pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

£2 per session

**Contact**

Steven Mair  
[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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# AYRSHIRE



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## MULTI SPORTS

### Class Diamonds

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**Where**

South Parish Church Hall, Girvan

**When**

Tuesday: 1.15-2.45pm

**Who**

Physical, learning and sensory disabilities  
- 17+ years

**Cost**

£2 per session

**Contact**

Janey Anderson  
01292 294 716

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## MULTI SPORTS

### Multi-Activity Sports Club - Swimming

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**Where**

Citadel Leisure Centre, Ayr

**When**

Wednesday: 9-10am

**Who**

Physical, learning and sensory disabilities  
- 18+ years

**Cost**

£2

**Contact**

01292 269 793

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## MULTI SPORTS

### Active Futures Sports Club

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**Where**

Whitletts Activity Centre, Ayr

**When**

Wednesday: 6-8pm

**Who**

Physical, learning and sensory disabilities  
- 16-25 years

**Cost**

£2.50 per session

**Contact**

01292 288 845

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## MULTI SPORTS

### SOFA: Sporting Opportunities for All

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**Where**

Cumnock Academy

**When**

Tuesday: 6-7.30pm

**Who**

Physical, learning and sensory disabilities -  
5-18 years

**Cost**

£2 per session

**Contact**

Steven Mair  
[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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## MULTI SPORTS

### Multi-Activity Sports Club - Dry Sports

---

**Where**

Citadel Leisure Centre, Ayr

**When**

Wednesday: 10.30-12.00

**Who**

Physical, learning and sensory disabilities -  
18+ years

**Cost**

£2

**Contact**

01292 269 793

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# AYRSHIRE

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## MULTI SPORTS

### ALL ABILITY: Sports

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**Where**

Catrine Games Hall

**When**

Thursday: 1.30-2.15/2.15-3.00

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

£1.50 per session / £2.60 for both

**Contact**

Steven Mair

[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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## MULTI SPORTS

### ALL ABILITY: Sports

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**Where**

Hunter Fitness Suite, Kilmarnock

**When**

Friday: 1-2pm / 2-3pm

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

£1.75 per session / £3 for both

**Contact**

Steven Mair

[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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## RACQUET SPORTS

### Wheelchair Tennis

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**Where**

Prestwick Tennis Club

**When**

Wednesday: 1-2pm

**Who**

Physical disabilities - 17+ years

**Cost**

Contact for details

**Contact**

01292 474 700

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## MULTI SPORTS

### SOFA: Sporting Opportunities for All

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**Where**

Shortlees Community Centre, Kilmarnock

**When**

Thursday: 6-7.30pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

£2 per session

**Contact**

Steven Mair

[steven.mair@east-ayrshire.gov.uk](mailto:steven.mair@east-ayrshire.gov.uk)

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## RACQUET SPORTS

### Wheelchair Tennis

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**Where**

Prestwick Tennis Centre

**When**

Sunday: 1.30-2.30pm

**Who**

Physical disabilities - 17+ years

**Cost**

£2.50 per session

**Contact**

01292 474 700

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# AYRSHIRE

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## RACQUET SPORTS

### Wheelchair Tennis

---

**Where**

Prestwick Tennis Centre

**When**

Sunday: 3-4pm

**Who**

Learning disability - 8+ years

**Cost**

£2.50 per session

**Contact**

01292 474 700

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## SWIMMING

### Kilmarnock Jets

#### (elite swimmers)

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**Where**

Galleon Leisure Centre, Kilmarnock

**When**

Tuesday: 5.30-6.30pm

**Who**

Physical, learning and sensory disabilities  
- all ages

**Cost**

Contact for details

**Contact**

Joan O'Sullivan

[sportsforspecialneeds@hotmail.co.uk](mailto:sportsforspecialneeds@hotmail.co.uk)

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## SWIMMING

### Kilmarnock Jets

#### (beginners to advanced)

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**Where**

Galleon Leisure Centre

**When**

Tuesday: 6.30-7.30pm

**Who**

Physical, learning and sensory disabilities  
- all ages

**Cost**

Contact for details

**Contact**

Joan O'Sullivan

[sportsforspecialneeds@hotmail.co.uk](mailto:sportsforspecialneeds@hotmail.co.uk)

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# AYRSHIRE

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## SWIMMING

### South Ayrshire Rockets (beginners)

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**Where**

Prestwick Swimming Pool

**When**

Tuesday: 6.30-7.00pm

**Who**

Physical, learning and sensory disabilities -  
5-16 years

**Cost**

£2.10

**Contact**

01292 269 793

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## SWIMMING

### South Ayrshire Rockets (development)

---

**Where**

Prestwick Swimming Pool

**When**

Tuesday: 7.00-7.45pm

**Who**

Physical, learning and sensory disabilities  
- 5-16 years

**Cost**

Contact for details

**Contact**

Colin Duthie - 01292 317 651

[colin.duthie@south-ayrshire.gov.uk](mailto:colin.duthie@south-ayrshire.gov.uk)

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## SWIMMING

### South Ayrshire Rockets (performance)

---

**Where**

Prestwick Swimming Pool

**When**

Tuesday: 7.30-8.00pm

**Who**

Physical, learning and sensory disabilities -  
all ages

**Cost**

Contact for details

**Contact**

Colin Duthie - 01292 317 651

[colin.duthie@south-ayrshire.gov.uk](mailto:colin.duthie@south-ayrshire.gov.uk)

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## OTHER SPORTS

### Carrick Riding for the Disabled

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**Where**

Ayrshire Equitation Centre, Ayr

**When**

Contact for details

**Who**

Physical, learning and sensory disabilities -  
all ages

**Cost**

Contact for details

**Contact**

Fiona Ross - 01292 266 267

[www.rda.org.uk](http://www.rda.org.uk)

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## OTHER SPORTS

### Ten Pin Bowling

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**Where**

Contact for details

**When**

Tuesday: 10.00-12.00

**Who**

Physical, learning and sensory disabilities  
- all ages

**Cost**

£5 per session

**Contact**

Anne Ross

01292 886 589

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# AYRSHIRE



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## OTHER SPORTS

### Ten Pin Bowling

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**Where**

Basebowl, Saltcoats

**When**

Friday: 11am

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Contact for details

**Contact**

Peter Orr

[peterorr45@yahoo.co.uk](mailto:peterorr45@yahoo.co.uk)

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## OTHER SPORTS

### PACES Walking & Cycling

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**Where**

Council Buildings, Ayrshire

**When**

Various

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

Marion Sankus

07745 500 736

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## OTHER SPORTS

### Walking Group

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**Where**

Meet at Ayr bus station

**When**

Tuesday: 12.45-3.45pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

No cost

**Contact**

Anne Ross

01292 886 589

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## OTHER SPORTS

### Yoga Group

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**Where**

Kingcase Church

**When**

Thursday: 3.30-4.30pm

**Who**

Physical, learning and sensory disabilities - 18+ years

**Cost**

£2 per session

**Contact**

Anne Ross

01292 886 589

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# CITY OF GLASGOW

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## ATHLETICS

### Red Star Athletics Club

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#### Where

Crownpoint Athletics Club, Glasgow

#### When

Monday: 7-8.15pm

#### Who

Physical, learning and sensory disabilities - 8+ years

#### Cost

Contact for details

#### Contact

Janice Eaglesham - 0141 641 1920

[janice.eaglesham@btinternet.com](mailto:janice.eaglesham@btinternet.com)

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## ATHLETICS

### Athletics

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#### Where

Victoria Park, Scotstoun Stadium

#### When

Wednesday: 7-8.30pm

#### Who

Physical, learning and sensory disabilities - 9+ years

#### Cost

Contact for details

#### Contact

Gordon Innes - 0141 563 7013

[www.vp-glasgow.com](http://www.vp-glasgow.com)

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## ATHLETICS

### Red Star Athletics Club

---

#### Where

Crownpoint Athletics Track, Glasgow

#### When

Thursday: 7-8.15pm

#### Who

Physical, learning and sensory disabilities - 8+ years

#### Cost

Contact for details

#### Contact

Janice Eaglesham - 0141 641 1920

[janice.eaglesham@btinternet.com](mailto:janice.eaglesham@btinternet.com)

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## ATHLETICS

### Race Running

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#### Where

Scotstoun Leisure Centre, Glasgow

#### When

Saturday: 11.00-12.00

#### Who

Physical, learning and sensory disabilities

#### Cost

Contact for details

#### Contact

Caroline Johnston - 07841 576 821

[caroline.johnston@glasgowlife.org.uk](mailto:caroline.johnston@glasgowlife.org.uk)

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## BASKETBALL

### Glasgow Eagles Basketball

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#### Where

Donald Dewar Centre, Drumchapel

#### When

Thursday: 4.30-6pm

#### Who

Learning disability and autistic spectrum - young people and adults

#### Cost

£1.95 (adults) / £1.50 / £1.40

#### Contact

Alex Watt - 07801 559 175

[alexglasgoweagles@hotmail.com](mailto:alexglasgoweagles@hotmail.com)

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# CITY OF GLASGOW

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## BASKETBALL

### Glasgow Eagles Basketball

---

**Where**

Donald Dewar Centre, Drumchapel

**When**

Saturday: 11.00-1.00

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Alex Watt - 07801 559 175

[alexglasgoweagles@hotmail.com](mailto:alexglasgoweagles@hotmail.com)

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## BOCCIA

### Boccia

---

**Where**

Glasgow Club Gorbals

**When**

Monday: 11.00-12.00

**Who**

Physical, learning and sensory disabilities - adults

**Cost**

£2.50

**Contact**

Caroline Johnston - 0141 287 3642

[caroline.johnston@glasgowlife.or.uk](mailto:caroline.johnston@glasgowlife.or.uk)

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## BOCCIA

### Boccia Squad Training

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**Where**

Holyrood Sports Centre

**When**

Wednesday: 7-8.45pm

**Who**

Physical disabilities - 8+ years  
*Please phone before attending*

**Cost**

Contact for details

**Contact**

Lori Ure – 07806 815 591

[lori.ure@scottishdisabilitysport.com](mailto:lori.ure@scottishdisabilitysport.com)

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## BOWLS

### Special Olympics Bowls

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**Where**

Castlemilk Sports Centre

**When**

Thursday: 4-6pm

**Who**

Learning disability - 18+ years

**Cost**

£2 per session

**Contact**

Liz Boyd - 07747 167 810

[lizboyd159@btinternet.com](mailto:lizboyd159@btinternet.com)

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# CITY OF GLASGOW



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## FOOTBALL

### Special Olympics

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**Where**

Firhill Sports Complex, Glasgow

**When**

Tuesday: 5-7pm

**Who**

Learning disability - 8+ years

**Cost**

£3 per week

**Contact**

Gordon McCormack OBE

[scotlandwest@btinternet.com](mailto:scotlandwest@btinternet.com)

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## FOOTBALL

### Queens Park Sprinters PFC

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**Where**

Glasgow Club Scotstoun, Glasgow

**When**

Tuesday: 7-8.30pm

**Who**

Powerchair users - 8+ years

**Cost**

Contact for details

**Contact**

0141 287 9802

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## FOOTBALL

### WoS Football Club for the Physically Disabled

---

**Where**

Alex Ferguson Park

**When**

Tuesday: 7.30-9pm

**Who**

Physical disabilities - 8+ years

**Cost**

£3 per session

**Contact**

Andy Lundie - 07824 359 425

[andrew.lundie1@ntlworld.com](mailto:andrew.lundie1@ntlworld.com)

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## FOOTBALL

### Football

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**Where**

Glasgow Club Scotstoun

**When**

Saturday: 9.30-11am

**Who**

Learning disability and autistic spectrum - 12+ years

**Cost**

£1.50 / £1.40 Kidz card / Young Scot card

**Contact**

0141 287 5632

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## FOOTBALL

### Celtic Football Club - Ability Counts

---

**Where**

St Mungo's Academy, Glasgow

**When**

Saturday : 10-11am

**Who**

Down's Syndrome

**Cost**

Contact for details

**Contact**

Hazel Wilson

0141 551 4321

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# CITY OF GLASGOW

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## FOOTBALL

### Amputee Football

---

**Where**

Firhill Complex, Glasgow G20 7HH

**When**

Sunday (every two weeks), 2-4pm

**Who**

People with limb absence (upper / lower)

No age limit

**Cost**

Contact for details

**Contact**

Ashley Reid - 07885 262 341

[ashley@findingyourfeet.net](mailto:ashley@findingyourfeet.net)

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## MARTIAL ARTS

### Southside Judo

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**Where**

Riverside Hall, Govan

**When**

Monday: 6-7pm

**Who**

Learning and sensory disabilities - under 10 years

**Cost**

Contact for details

**Contact**

Brian Hewitt - 07904 413 573

[southsidejudo@gmail.com](mailto:southsidejudo@gmail.com)

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## MARTIAL ARTS

### Milton Judo Club

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**Where**

St Monica's Primary School, G22 7QX

**When**

Tuesday: 7-9pm

**Who**

Learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Lynn Buchanan - 07901 564 713

[lynn.buchanan@btinternet.com](mailto:lynn.buchanan@btinternet.com)

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## MARTIAL ARTS

### GSB Judo

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**Where**

Various venues

**When**

Wednesday: 3.45-5.45

**Who**

Physical, learning and sensory disabilities - under 16 years

**Cost**

Contact for details

**Contact**

George Brown - 07407 645 590

[gsbjudo@gmail.com](mailto:gsbjudo@gmail.com)

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## MARTIAL ARTS

### Active Judo

---

**Where**

Kings Park Secondary School

**When**

Thursday: 5-5.45

**Who**

Physical, learning and sensory disabilities - 5-7 years

**Cost**

Contact for details

**Contact**

James Millar - 07948 379 689

[jamesmillarjudo@gmail.com](mailto:jamesmillarjudo@gmail.com)

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# CITY OF GLASGOW

---

## MARTIAL ARTS

### Active Judo

---

**Where**

Kings Park Secondary School

**When**

Thursday: 5.45-6.45

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

James Millar - 07948 379 689

[jamesmillarjudo@gmail.com](mailto:jamesmillarjudo@gmail.com)

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## MARTIAL ARTS

### Pro Judo

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**Where**

Palace of Art Leisure Centre

**When**

Saturday: 11-12

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Brian Long - 07947 377 353

[admin@projudo.co.uk](mailto:admin@projudo.co.uk)

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## MARTIAL ARTS

### Judo

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**Where**

Glasgow Club Palace of Art

**When**

Saturday: 11.45-12.30

**Who**

Physical, learning and sensory disabilities

**Cost**

£5 per session (1st session free)

**Contact**

Brian Long - 07974 377 353

[brian@projudo.co.uk](mailto:brian@projudo.co.uk)

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## MULTI SPORTS

### Adult: Gym Programme

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**Where**

Glasgow Club Scotstoun

**When**

Monday: 1-3pm

**Who**

Physical, learning and sensory disabilities

**Cost**

£2.30 per week

**Contact**

Sports Equalities - 0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## MULTI SPORTS

### Adult: Gym Programme

---

**Where**

Glasgow Club Springburn

**When**

Tuesday: 1-3pm

**Who**

Physical, learning and sensory disabilities

**Cost**

£2.30 per week

**Contact**

Sports Equalities - 0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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# CITY OF GLASGOW

---

## MULTI SPORTS

### Young Persons: Special Olympics

---

**Where**

Firhill Sports Complex

**When**

Tuesday: 5-7pm

**Who**

Learning disability - 8+ years

**Cost**

£3 per week

**Contact**

Gordon McCormack OBE

[scotlandwest@btinternet.com](mailto:scotlandwest@btinternet.com)

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## MULTI SPORTS

### Young Persons

---

**Where**

Glasgow Club Palace of Art

**When**

Tuesday: 6.30-7.30pm

**Who**

Physical, learning and sensory disabilities  
- 8-18 years

**Cost**

£1.50 / £1.40 Kidz card/ Young Scot card

**Contact**

Sports Equalities - 0141 287 5682 / 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## MULTI SPORTS

### Adult: Gym Programme

---

**Where**

Glasgow Club Scotstoun

**When**

Thursday: 1-3pm

**Who**

Physical, learning and sensory disabilities

**Cost**

£2.30 per week

**Contact**

Sports Equalities - 0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

---

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## MULTI SPORTS

### Young Persons

---

**Where**

Glasgow Club Scotstoun

**When**

Friday: 6-8pm

**Who**

Physical, learning and sensory disabilities  
- 8-18 years

**Cost**

Contact for details

**Contact**

Sports Equalities - 0141 287 5682

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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# CITY OF GLASGOW

---

## MULTI SPORTS

### Young Persons: Multi Sports and Games

---

**Where**

Glasgow Club Holyrood

**When**

Sunday: 1-3pm

**Who**

Additional support needs (ambulant) - 12+ years

**Cost**

Contact for details

**Contact**

Sports Equalities - 0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)



---

## RACQUET SPORTS

### TennisScotland Wheelchair Tennis

---

**Where**

Scotstoun Stadium

**When**

Tuesday: 1-3pm

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Contact for details

**Contact**

Andrew Raitt - 07908 091 820

[andrew.raitt@tenniscotland.org](mailto:andrew.raitt@tenniscotland.org)

---

## RACQUET SPORTS

### Special Olympics Badminton

---

**Where**

Firhill Sports Complex, Glasgow

**When**

Tuesday: 5-7pm

**Who**

Learning disability - 8+ years

**Cost**

£3 per week

**Contact**

David Gillespie

[dgillespie@lineone.net](mailto:dgillespie@lineone.net)

---



# CITY OF GLASGOW

---

## RACQUET SPORTS

### Glasgow Disability Badminton Club

---

**Where**

Haghill Community Sports Centre

**When**

Wednesday: 7-9pm

**Who**

Physical, learning and sensory disabilities - 12+ years

**Cost**

Contact for details

**Contact**

David Gillespie

[djillespie@lineone.net](mailto:djillespie@lineone.net)

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---

## RACQUET SPORTS

### Scotstoun Disability Badminton Club

---

**Where**

Scotstoun Leisure Centre, Glasgow

**When**

Sunday: 6-8pm

**Who**

Physical and learning disabilities - 8+ years

**Cost**

Contact for details

**Contact**

John Craig

[john.w.craig@bt.com](mailto:john.w.craig@bt.com)

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## SWIMMING

### Swimming

---

**Where**

Tollcross International Swimming Centre

**When**

Monday 4pm - 6pm

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

0141 287 9802

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---

## SWIMMING

### Swimming

---

**Where**

Glasgow Club Scotstoun

**When**

Tues/Thurs: 10.00-12.00

**Who**

Physical, learning and sensory disabilities - adults

**Cost**

Contact for details

**Contact**

0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## SWIMMING

### Children's Swimming

---

**Where**

Glasgow Club Gorbals

**When**

Tuesday: 4-5pm

**Who**

Physical, learning and sensory disabilities

**Cost**

£21 for 10 lessons (child)

**Contact**

Sports Equalities - 0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## SWIMMING

### Temple Swimming Club

---

**Where**

Whitehill Pool, Glasgow

**When**

Tuesday: 5-8pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Irene Lochrin - 0141 647 4904

[ilochrin@hotmail.com](mailto:ilochrin@hotmail.com)

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# CITY OF GLASGOW

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## SWIMMING

### Swimming

---

**Where**

Glasgow Club Whitehill

**When**

Wednesday: 4-7pm - 30 minute sessions

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

Sports Equalities - 0141 287 5682

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## SWIMMING

### Swimming

---

**Where**

Glasgow Club Scotstoun

**When**

Saturday: 11.00-2.00 - 30 minute sessions

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

0141 287 9802

[disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)

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## TABLE TENNIS

### Drumchapel Table Tennis Club

---

**Where**

Drumchapel High School

**When**

Monday: 5-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Terry McLernon MBE - 0141 944 7276

[telldrumtt@aol.com](mailto:telldrumtt@aol.com)

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## SWIMMING

### City of Glasgow Seals

---

**Where**

Tollcross International Swimming Centre

**When**

Thursday: 6.30-8pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Robin Walker - 07889 924 344

[robinswalker@aol.com](mailto:robinswalker@aol.com)

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## TABLE TENNIS

### Glasgow Eagles Table Tennis

---

**Where**

Castlemilk Community Centre

**When**

Monday: 5-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Alex Watt - 07801 559 175

[alexglasgoweagles@hotmail.co.uk](mailto:alexglasgoweagles@hotmail.co.uk)

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# CITY OF GLASGOW

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## TABLE TENNIS

### Glasgow Eagles Table Tennis

---

**Where**

Castlemilk Community Centre

**When**

Monday: 7-8pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Alex Watt - 07801 559 175

[alexglasgoweagles@hotmail.co.uk](mailto:alexglasgoweagles@hotmail.co.uk)

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## TABLE TENNIS

### Drumchapel Table Tennis Club

---

**Where**

Drumchapel High School

**When**

Wednesday: 5-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Terry McLernon MBE - 0141 944 7276

[telldrumtt@aol.com](mailto:telldrumtt@aol.com)

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## TABLE TENNIS

### Special Olympics Table Tennis

---

**Where**

Firhill Sports Complex

**When**

Tuesday: 5-7pm

**Who**

Learning disability - 8+ years

**Cost**

£3 per week

**Contact**

Gordon McCormack OBE

[scotlandwest@btinternet.com](mailto:scotlandwest@btinternet.com)

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## OTHER SPORTS

### Cycling: Free Wheel North

---

**Where**

Glasgow Green

**When**

Tues-Fri: 10.00-2.30

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

Jim

07891 097 936

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## OTHER SPORTS

### Special Olympics Cycling

---

**Where**

Bellahouston Cycling Academy

**When**

Wednesday: 5-7pm

**Who**

Learning disability - 14+ years

**Cost**

Contact for details

**Contact**

Tom A'Hara - 07743 084 206

[tomahara@yahoo.co.uk](mailto:tomahara@yahoo.co.uk)

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# CITY OF GLASGOW

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## OTHER SPORTS

### Equestrian

**Where**

Sandyflat Centre

**When**

Mon-Fri: various times

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

Sandyflat Centre

0141 945 1369

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## OTHER SPORTS

### Golf

**Where**

Various

**When**

Various

**Who**

Learning disability - 8+ years

**Cost**

Contact for details

**Contact**

Gordon McCormack OBE

[scotlandwest@btinternet.com](mailto:scotlandwest@btinternet.com)

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## OTHER SPORTS

### Glasgow City Barbell Club: Powerlifting

**Where**

Scotstoun Stadium

**When**

Tuesday: 4-6pm

**Who**

Physical, learning and sensory disabilities - 15+ years

**Cost**

Contact for details

**Contact**

William Brown

07920 023 542

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## OTHER SPORTS

### Goalball

**Where**

Rosshall Secondary School

**When**

Monday: 6-9pm

**Who**

Visual impairment

**Cost**

Contact for details

**Contact**

[info@glasgowgoalball.org.uk](mailto:info@glasgowgoalball.org.uk)

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---

## OTHER SPORTS

### Special Olympics Netball

**Where**

Firhill Sports Complex

**When**

Tuesday: 5-7pm

**Who**

Learning disability - 8+ years

**Cost**

£3 per week

**Contact**

Mary Martin - 07791 224 723

[mma55for@gmail.com](mailto:mma55for@gmail.com)

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## OTHER SPORTS

### Glasgow City Barbell Club: Powerlifting

**Where**

Scotstoun Stadium

**When**

Thursday: 4-6pm

**Who**

Physical, learning and sensory disabilities - 15+ years

**Cost**

Contact for details

**Contact**

William Brown

07920 023 542

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# CITY OF GLASGOW

---

## OTHER SPORTS

### Glasgow City Barbell Club: Powerlifting

---

**Where**

Scotstoun Stadium

**When**

Saturday: 11.00-1.00

**Who**

Physical, learning and sensory disabilities - 15+ years

**Cost**

Contact for details

**Contact**

William Brown  
07920 023 542

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## OTHER SPORTS

### Ten Pin Bowling

---

**Where**

AMF Bowling, Springfield Quay

**When**

Various

**Who**

Visual impairment - 18+ years

**Cost**

Contact for details

**Contact**

Ruby Shah - 07923 081 298  
[terrygillan@gmail.com](mailto:terrygillan@gmail.com)

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## OTHER SPORTS

### Caledonian Crushers Wheelchair Rugby

---

**Where**

Emirates Arena, Glasgow

**When**

Tuesday: 7-9pm

**Who**

Physical disability affecting arms and legs

**Cost**

Contact for details

**Contact**

Dave Rhoney  
07807 304310

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# DUMFRIES & GALLOWAY

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## ATHLETICS

### DGPD Track Athletics

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**Where**

DCPD Track

**When**

Wednesday & Friday: 6-7.30pm

**Who**

Physical disabilities

**Cost**

Contact for details

**Contact**

Russ Watson

01576 470 633

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---

## ATHLETICS

### Athletics

---

**Where**

Everholm Running Track, Annan

**When**

Friday: 3-4.15pm

**Who**

Physical, learning and sensory disability - 16+ years

**Cost**

£2 per session

**Contact**

Laura Vickers

[laura.vickers@dumgal.gov.uk](mailto:laura.vickers@dumgal.gov.uk)

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## BOWLS

### Outdoor Disability Bowling

---

**Where**

Heathhall Community Centre

**When**

Tuesday: 12-1pm, April - September

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Contact for details

**Contact**

Capability Scotland

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## BOWLS

### Indoor Disability Bowling

---

**Where**

Heathhall Community Centre

**When**

Tuesday: 12-1pm, October - March

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Capability Scotland

**Contact**

---







# DUMFRIES & GALLOWAY

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## CURLING

### Wheelchair Curling

---

**Where**

Lockerbie Ice Rink

**When**

Tuesday: 10.30-12.30, September - March

**Who**

Wheelchair users - 14+ years

**Cost**

Contact for details

**Contact**

Isobel Cowan  
07719 728 381

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## FOOTBALL

### Football

---

**Where**

Palmerston Indoor Arena  
Queen of the South

**When**

Wednesday: 10-11am

**Who****Cost****Contact**

---

## FOOTBALL

### Football

---

**Where**

Annan Academy Games Hall

**When**

Thursday: 6-7pm

**Who**

Learning disability - 14+ years

**Cost**

£2 per session

**Contact**

Laura Vickers  
[laura.vickers@dumgal.gov.uk](mailto:laura.vickers@dumgal.gov.uk)

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## MULTI SPORTS

### Multi Sports

---

**Where**

Kirkintilloch Leisure Centre

**When**

Monday: 5-6pm

**Who**

Physical, learning and sensory disabilities  
- 7+ years

**Cost**

£2 per session

**Contact**

John Farr - 0141 578 8437  
[john.farr@eastdunbarton.gov.uk](mailto:john.farr@eastdunbarton.gov.uk)

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# DUMFRIES & GALLOWAY



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## MULTI SPORTS

### Multi Sports

---

**Where**

Wishaw Sports Centre

**When**

Wednesday: 6.30-8pm

**Who**

Physical, learning and sensory disabilities  
- 10+ years

**Cost**

Contact for details

**Contact**

Peggy Williams - 01698 360 171

[paula.currie@hotmail.co.uk](mailto:paula.currie@hotmail.co.uk)

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## MULTI SPORTS

### Multi Sports

---

**Where**

Newton Stewart ARC

**When**

Thursday: 10.30-12.300

**Who**

Physical, learning and sensory disabilities  
- 8+ years

**Cost**

Contact for details

**Contact**

Steven Beggs

[steve.beggs@dumgal.gov.uk](mailto:steve.beggs@dumgal.gov.uk)

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## MULTI SPORTS

### Monthly Multi Sports

---

**Where**

Castle Douglas Town Hall

**When**

2nd Saturday of each month: 10.30-1.00

**Who**

Physical, learning and sensory disabilities  
- 8+ years

**Cost**

£2 per session

**Contact**

Steven Beggs

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---

## MULTI SPORTS

### Multi Sports

---

**Where**

Ryan Centre, Stranraer

**When**

Wednesday: 7-7.45pm

**Who**

Physical, learning and sensory disabilities -  
12+ years

**Cost**

£1.45

**Contact**

Steven Beggs

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---

## MULTI SPORTS

**Where**

Castle Douglas Town Hall

**When**

Friday: 4.30-5.30pm

**Who**

Physical, learning and sensory disabilities

**Cost**

£2 per session

**Contact**

Steven Beggs

[steve.beggs@dumgal.gov.uk](mailto:steve.beggs@dumgal.gov.uk)

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# DUMFRIES & GALLOWAY

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## MULTI SPORTS

### Monthly Multi Sports

---

**Where**

McMillan Hall, Newton Stewart

**When**

4th Saturday of each month: 10.30-12.00

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

£2 per session

**Contact**

Steven Beggs

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## SWIMMING

### Swimming

---

**Where**

Annan Swimming Pool

**When**

Tuesday: 6.45-7.30pm

**Who**

Physical and learning disability - all ages

**Cost**

Contact for details

**Contact**

Laura Vickers

[laura.vickers@dumgal.gov.uk](mailto:laura.vickers@dumgal.gov.uk)

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# EAST DUNBARTONSHIRE

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## SWIMMING

### Swimming

---

**Where**

Leisuredrome

**When**

Friday: 6.30-7.30pm

**Who**

Physical, learning and sensory disabilities - 6+ years

**Cost**

Contact for details

**Contact**

0141 777 3064

[swimming@eastdunbarton.gov.uk](mailto:swimming@eastdunbarton.gov.uk)

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## SWIMMING

### Splash Club

---

**Where**

DG One

**When**

Sunday: 12-2pm, fortnightly

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Christine Crossley

[nelliedipstick@yahoo.co.uk](mailto:nelliedipstick@yahoo.co.uk)

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## TABLE TENNIS

---

**Where**

DG One

**When**

Thursday: 11.00-12.00

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

Contact for details

**Contact**

DG One

0303 333 3000 ext 60843

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## OTHER SPORTS

### Gymnastics

---

**Where**

Allander Leisure Centre

**When**

Saturday: 12-1.30pm

**Who**

Physical, learning and sensory disabilities - 5+ years

**Cost**

Contact for details

**Contact**

Caroline Maxwell - 0141 578 8441

[caroline.maxwell@eastdunbarton.gov.uk](mailto:caroline.maxwell@eastdunbarton.gov.uk)

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## OTHER SPORTS

### Gymnastics

---

**Where**

Leisuredrome

**When**

Saturday: 9.15-10am

**Who**

Physical, learning and sensory disabilities - 5+ years

**Cost**

Contact for details

**Contact**

Caroline Maxwell - 0141 578 8441

[caroline.maxwell@eastdunbarton.gov.uk](mailto:caroline.maxwell@eastdunbarton.gov.uk)

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# EAST RENFREWSHIRE

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## WHEELCHAIR BASKETBALL

### West of Scotland Warriors

---

**Where**

St Ninian's High School

**When**

Tuesday: 8-10pm

**Who**

Manual chair users - 16+ years

**Cost**

Contact for details

**Contact**

Gary Davidson

[garydavidson19@sky.com](mailto:garydavidson19@sky.com)

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## FOOTBALL

### Football Club

---

**Where**

Isobel Mair School, Newton Mearns

**When**

Tuesday: 6-6.45pm

**Who**

Physical, learning and sensory disabilities - 5-8 years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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## FOOTBALL

### Football 5's

---

**Where**

Carlibar School, Barrhead

**When**

Monday: 7.45-8.45pm

**Who**

Physical and learning disabilities (ambulant) - 16+ years

**Cost**

£4 per session

**Contact**

Michael

07796 161 061

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## FOOTBALL

### Football Club

---

**Where**

Isobel Mair School, Newton Mearns

**When**

Tuesday: 6.45-7.30pm

**Who**

Physical, learning and sensory disabilities - 8-14 years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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## FOOTBALL

### Football Club

---

**Where**

Isobel Mair School, Newton Mearns

**When**

Tuesday: 7.30-8.30pm

**Who**

Physical, learning and sensory disabilities - 14+ years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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# EAST RENFREWSHIRE

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## MARTIAL ARTS

### Wemyss Bay

---

**Where**

Wemyss Bay Community Centre

**When**

Tuesday: 5-6pm

**Who**

Physical, learning and sensory disabilities - 5-16 years

**Cost**

Contact for details

**Contact**

Suzi Kirkpatrick - 07931 670 950

[suzikirkpatrick@yahoo.co.uk](mailto:suzikirkpatrick@yahoo.co.uk)

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## MULTI SPORTS

### KAOS Club

---

**Where**

Carlibar Primary School, Barrhead

**When**

Tuesday: 7-8pm

**Who**

Communication support needs, P4-7

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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## MULTI SPORTS

### Wednesday Warriors Club

---

**Where**

Mearns Castle High School

**When**

Wednesday: 6-6.45pm

**Who**

Physical, learning and sensory disabilities - 5-9 years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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## MULTI SPORTS

### Sport 4 All Club

---

**Where**

Notre Dame High School, Greenock

**When**

Wednesday: 4-4.40pm

**Who**

Physical, learning and sensory disabilities - 5-9 years

**Cost**

Contact for details

**Contact**

Nicole Bryce

[nicole.bryce@inverclyde.gov.uk](mailto:nicole.bryce@inverclyde.gov.uk)

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## MULTI SPORTS

### Sport 4 All Club

---

**Where**

Notre Dame High School, Greenock

**When**

Wednesday: 4.45-5.30pm

**Who**

Physical, learning and sensory disabilities - 10-16 years

**Cost**

Contact for details

**Contact**

Nicole Bryce

[nicole.bryce@inverclyde.gov.uk](mailto:nicole.bryce@inverclyde.gov.uk)

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## MULTI SPORTS

### Wednesday Warriors Club

---

**Where**

Mearns Castle High School

**When**

Wednesday: 6.45-7.30pm

**Who**

Physical, learning and sensory disabilities - 10-12 years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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# INVERCLYDE

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## MULTI SPORTS

### Wednesday Warriors Club

---

**Where**

Mearns Castle High School

**When**

Wednesday: 7.30-8.30pm

**Who**

Physical, learning and sensory disabilities - 12+ years

**Cost**

Contact for details

**Contact**

David McLeish - 0141 577 3193

[david.mcleish@eastrenfrewshire.gov.uk](mailto:david.mcleish@eastrenfrewshire.gov.uk)

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## SWIMMING

### Port Glasgow Offers (selected swimmers)

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**Where**

Port Glasgow Baths

**When**

Tuesday: 6-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Yvonne Dunning

[kennethdunning@ntlworld.com](mailto:kennethdunning@ntlworld.com)

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## SWIMMING

### Port Glasgow Offers (selected swimmers)

---

**Where**

Waterfront Leisure Centre, Greenock

**When**

Friday: 3.30-5.30pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Yvonne Dunning

[kennethdunning@ntlworld.com](mailto:kennethdunning@ntlworld.com)

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## SWIMMING

### Port Glasgow Offers

---

**Where**

Port Glasgow Baths

**When**

Sunday: 2-5pm, 3 x 1 hour sessions

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Yvonne Dunning

[kennethdunning@ntlworld.com](mailto:kennethdunning@ntlworld.com)

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## SWIMMING

### Greenock Offers Swimming Club

---

**Where**

Waterfront Leisure Centre, Greenock

**When**

Sunday: 4.30-6pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Craig Mearns - 01475 711 789

[m.mearns3@ntlworld.com](mailto:m.mearns3@ntlworld.com)

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# NORTH LANARKSHIRE

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## ATHLETICS

### Run, Jump & Throw Club

---

**Where**

Broadwood Leisure Centre, Cumbernauld

**When**

Saturday: 1.15-2pm

**Who**

Physical, learning and sensory disabilities - 8-16 years

**Cost**

Contact for details

**Contact**

Kat Heron - 01698 274 630

[Kat.Heron@nleisure.com](mailto:Kat.Heron@nleisure.com)

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## DANCE

### Indepen-dance

---

**Where**

Dalziel High School

**When**

Tuesday: 6-7pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

Contact for details

**Contact**

Katy Mackay

[Katy.Mackay@nleisure.com](mailto:Katy.Mackay@nleisure.com)

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## FOOTBALL

### Clyde Powerchair Football

---

**Where**

St Maurice's High School, Cumbernauld

**When**

Thursday: 7-8.30pm

**Who**

Powerchair users - 8+ years

**Cost**

Contact for details

**Contact**

Katy Mackay

[kathleen\\_13@hotmail.com](mailto:kathleen_13@hotmail.com)

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## DANCE

### Indepen-dance

---

**Where**

St Maurice's High School, Cumbernauld

**When**

Monday: 5.30-6.30pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

Contact for details

**Contact**

Katy Mackay

[Katy.Mackay@nleisure.com](mailto:Katy.Mackay@nleisure.com)

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## FOOTBALL

### Cumbernauld Colts

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**Where**

Abronhill High School, Cumbernauld

**When**

Monday: 5-6pm

**Who**

Physical, learning and sensory disabilities - primary age

**Cost**

£3 per session

**Contact**

[evonnehunter@me.com](mailto:evonnehunter@me.com)

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## MARTIAL ARTS

### Tryst Judo Club

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**Where**

Tryst Leisure Centre, Cumbernauld

**When**

Tuesday: 5-6 / 6-7

**Who**

Physical, learning and sensory disabilities - 5-7 years / 8+ years

**Cost**

Contact for details

**Contact**

Sandy Kirk - 07779 808 606

[sandykirk01@icloud.com](mailto:sandykirk01@icloud.com)

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# NORTH LANARKSHIRE

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## MARTIAL ARTS

### Jidel Judo 93

---

**Where**

Wishaw Sports Centre

**When**

Friday: 6-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Jo Imrie - 07411 722 240

[jo@jideljudo93.com](mailto:jo@jideljudo93.com)

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## MULTI SPORTS

**Where**

Wishaw Sports Centre

**When**

Wednesday: 6.30-8pm

**Who**

Physical, learning and sensory disabilities - 10+ years

**Cost**

Contact for details

**Contact**

Peggy Williams - 01698 360 171

[paula.currie@hotmail.co.uk](mailto:paula.currie@hotmail.co.uk)

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## MULTI SPORTS

### Clyde Valley Beavers

---

**Where**

Shotts

**When**

Friday: 6.30-9pm

**Who**

Physical, learning and sensory disabilities - 8-18 years

**Cost**

Contact for details

**Contact**

Anne Kippen

01698 264 380

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## SWIMMING

### Clyde Valley Beavers Swim Team

---

**Where**

Shotts

**When**

Wednesday: 7.30-8.30pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Carolyn MacFarlane - 01698 374 514

[carolynmacfarlane907@hotmail.com](mailto:carolynmacfarlane907@hotmail.com)

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## SWIMMING

### Swimming

---

**Where**

Time Capsule, Coatbridge

**When**

Wednesday: 8.30-9.30pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Margaret Humes - 01236 751 550

[margaret.humes@amey.co.uk](mailto:margaret.humes@amey.co.uk)

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# NORTH LANARKSHIRE

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## SWIMMING

### Clyde Valley Beavers Recreational

---

**Where**

Shotts

**When**

Friday: 6.30-8.30pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Carolyn MacFarlane - 01698 374 514

[carolynmacfarlane907@hotmail.com](mailto:carolynmacfarlane907@hotmail.com)

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## SWIMMING

### Clyde Valley Beavers: Lane Swimmers

---

**Where**

Wishaw Sports Centre

**When**

Sunday: 5-6pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Carolyn MacFarlane - 01698 374 514

[carolynmacfarlane907@hotmail.com](mailto:carolynmacfarlane907@hotmail.com)

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## SWIMMING

### Cumbernauld ASC (mainstream club)

---

**Where**

Tryst Sports Centre, Cumbernauld

**When**

Various

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Danny McGowan - 01236 729 773

[danmcgowan@blueyonder.co.uk](mailto:danmcgowan@blueyonder.co.uk)

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## OTHER SPORTS

### Adaptive Rowing

---

**Where**

Strathclyde Park Watersports Centre

**When**

Various

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

John Blair

[john.blair@scottish-rowing.org.uk](mailto:john.blair@scottish-rowing.org.uk)

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## OTHER SPORTS

### Inclusive Skating

---

**Where**

Time Capsule, Coatbridge

**When**

Sunday: 6-7.30pm

**Who**

Physical, learning and sensory disabilities - all ages, all the family welcome

**Cost**

Contact for details

**Contact**

David Kyle - 01236 437 756

[david.kyle@nllisure.com](mailto:david.kyle@nllisure.com)

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# RENFREWSHIRE



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## **ATHLETICS** **Athletics & Boccia Club**

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### **Where**

St Andrew's Academy, Paisley

### **When**

Tuesday: 6-7.30pm

### **Who**

Physical, learning and sensory disabilities

### **Cost**

Contact for details

### **Contact**

Mick Kelly

[mkelly2010@hotmail.co.uk](mailto:mkelly2010@hotmail.co.uk)

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## **BASKETBALL**

[basketballpaisley](mailto:basketballpaisley)

---

### **Where**

Lagoon Leisure Centre, Paisley

### **When**

Wednesday: 5-6.30pm

### **Who**

Physical or learning disabilities - 8+ years

### **Cost**

Contact for details

### **Contact**

Lindsay Lang

[basketballpaisley@yahoo.co.uk](mailto:basketballpaisley@yahoo.co.uk)

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## **BOCCIA**

**Athletics & Boccia Club**

---

### **Where**

St Andrew's Academy, Paisley

### **When**

Tuesday: 6-7.30pm

### **Who**

Physical, learning and sensory disabilities  
- secondary age

### **Cost**

Contact for details

### **Contact**

Mick Kelly

[mkelly2010@hotmail.co.uk](mailto:mkelly2010@hotmail.co.uk)

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# RENFREWSHIRE

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## CURLING

### Braehead Wheelchair Curling Club

---

**Where**

Braehead Ice Rink

**When**

Sunday: 2.20-4pm, September - April

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

£9.50 (first session free)

**Contact**

Alison Cloudsley

[braeheadwheelchair@gmail.com](mailto:braeheadwheelchair@gmail.com)

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## DANCE

### Right 2 Dance - Dance 4 All

---

**Where**

West Primary School, Paisley

**When**

Saturday: 10-11 & 11-12

**Who**

Physical, learning and sensory disabilities - 5-7 years

**Cost**

£3.50 per class

**Contact**

Aileen Palombo

0141 849 1292

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## DANCE

### Right 2 Dance - Dance 4 All

---

**Where**

West Primary School, Paisley

**When**

Saturday: 10-11 & 11-12

**Who**

Physical, learning and sensory disabilities - 3-4 years

**Cost**

£3.50 per class

**Contact**

Aileen Palombo

0141 849 1292

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## DANCE

### Right 2 Dance - Dance 4 All

---

**Where**

West Primary School, Paisley

**When**

Saturday: 1.15-2.15pm

**Who**

Physical, learning and sensory disabilities - 8-20 years

**Cost**

£3.50 per class

**Contact**

Aileen Palombo

0141 849 1292

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## FOOTBALL

### St Mirren Football Club Sessions

---

**Where**

St Mirren Football Club Park

**When**

Sunday: 12-1pm

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

Steven Sweeney - 07763 343 193

[steven.sweeney@saintmirren.net](mailto:steven.sweeney@saintmirren.net)

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# RENFREWSHIRE

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## MARTIAL ARTS

### Johnstone Black Belt Academy

#### Where

Unit 4, Mary Street, Johnstone

#### When

Monday: 7-8pm

#### Who

Physical, learning and sensory disabilities - 8+ years

#### Cost

Contact for details

#### Contact

James Johnstone  
07886 762 453

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## MARTIAL ARTS

### Wemyss Bay

#### Where

Inverkip Parish Church Hall

#### When

Thursday: 5-5.55pm / 5-6.30pm

#### Why

Physical, learning and sensory disabilities - 5-16 years

#### Cost

Contact for details

#### Contact

Suzi Kirkpatrick - 07931 670 950  
[suzikirkpatrick@yahoo.co.uk](mailto:suzikirkpatrick@yahoo.co.uk)

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## MARTIAL ARTS

### Johnstone Black Belt Academy

#### Where

Unit 4, Mary Street, Johnstone

#### When

Thursday: 7-8pm

#### Who

Physical, learning and sensory disabilities - 8+ years

#### Cost

Contact for details

#### Contact

James Johnstone  
07886 762 453

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## MARTIAL ARTS

### University of the West of Scotland

#### Where

Beechwood Community Centre / Robertson Sports Centre, Paisley

#### When

Thursday / Sunday: 7-8.30pm

#### Who

Learning and sensory disabilities - adults only

#### Cost

Contact for details

#### Contact

Paul Grady  
[dominion28@gmail.com](mailto:dominion28@gmail.com)

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# RENFREWSHIRE



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## MULTI SPORTS

### Fit 4 Sport

---

**Where**

St Andrew's Academy, Paisley

**When**

Friday: 6.30-7.30pm

**Who**

Physical, learning and disabilities - primary age

**Cost**

Contact for details

**Contact**

Susannah Pietryga - 07774 016 347

[susannah.pietryga@renfrewshire.gov.uk](mailto:susannah.pietryga@renfrewshire.gov.uk)

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## MULTI SPORTS

### Fit 4 Sport

---

**Where**

St Andrew's Academy, Paisley

**When**

Friday: 7.30-8.30pm

**Who**

Physical, learning and sensory disability - secondary age

**Cost**

Contact for details

**Contact**

Susannah Pietryga - 07774 016 347

[susannah.pietryga@renfrewshire.gov.uk](mailto:susannah.pietryga@renfrewshire.gov.uk)

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## SWIMMING

### Paisley Piranhas

---

**Where**

Linwood Sports Centre

**When**

Sunday: 1.30-2.30pm

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

Susannah Pietryga - 07774 016 347

[susannah.pietryga@renfrewshire.gov.uk](mailto:susannah.pietryga@renfrewshire.gov.uk)

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# SOUTH LANARKSHIRE

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## RACQUET SPORTS

### Wheelchair Badminton

---

**Where**

Stewartfield Community Centre,  
East Kilbride

**When**

Tuesday: 12-2pm

**Who**

Adult wheelchair users

**Cost**

Contact for details

**Contact**

Stevie Sutherland  
07719 694 335

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## RACQUET SPORTS

### Badminton

---

**Where**

Stewartfield Community Centre,  
East Kilbride

**When**

Sunday: 10.00-12.00

**Who**

Physical, learning and sensory disabilities  
- 12-15 years

**Cost**

Contact for details

**Contact**

01698 476 195

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## CURLING

### Wheelchair Curling

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**Where**

Lanarkshire Ice Rink

**When**

Monday: 1-3pm

**Who**

Wheelchair users - all ages

**Cost**

Contact for details

**Contact**

Gordon Rainey  
[gordon.rainey@talktalk.net](mailto:gordon.rainey@talktalk.net)

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## FOOTBALL

### Claremont Colts FC

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**Where**

Calderglen High School, East Kilbride

**When**

Wednesday: 7.30-8.30pm

**Who**

Physical, learning and sensory disabilities -  
12-21 years

**Cost**

£2 per session

**Contact**

Elaine Rinn  
07968 818 585

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## FOOTBALL

### East Kilbride FC

---

**Where:** Winter: Playbarn, Jackton  
Summer: K Park Training Academy,  
Calderglen Country Park

**When**

Sunday: 10.30-11.30

**Who**

Physical, learning and sensory disabilities  
- primary age

**Cost**

Contact for details

**Contact**

Dave McKenna - 07800 948 932  
[davemckenna@hotmail.co.uk](mailto:davemckenna@hotmail.co.uk)

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# SOUTH LANARKSHIRE

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## FOOTBALL

### Blantyre Soccer Academy

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**Where**

Blantyre Soccer Academy

**When**

Sunday: 1-3pm, monthly

**Who****Cost**

Contact for details

**Contact**

Linda Riddoch  
07930 640 922

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## MARTIAL ARTS

### Tae Kwon Do

---

**Where**

Uddingston Sports Centre

**When**

Thursday: 6-7pm

**Who**

Physical, learning and sensory disabilities - primary years

**Cost**

£3.50 per session

**Contact**

Pauline McNally - 07902 401 071  
Kirsty Izat - 07733 337 545  
[uddingstontaekwondo24@o2.co.uk](mailto:uddingstontaekwondo24@o2.co.uk)

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## MARTIAL ARTS

### Hamilton Judo Club

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**Where**

Jock Stein Leisure Centre

**When**

Wednesday / Friday: 7-8pm / 8-9pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Robbie Rooney - 07878 993 824  
[robbie.rooney@btinternet.com](mailto:robbie.rooney@btinternet.com)

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## MULTI SPORT

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## MARTIAL ARTS

### East Kilbride Judo Club

---

**Where**

John Wright Sports Centre, G74 3EU

**When**

Saturday: 12.30-2.30

**Who**

Sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Colin Reid - 07817 052 096  
[colir@blueyonder.co.uk](mailto:colir@blueyonder.co.uk)

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**Where**

Hamilton Palace Sports Ground

**When**

Thursday: 5-6pm

**Who**

Physical, learning and sensory disabilities - 5+ years

**Cost**

Contact for details

**Contact**

01698 476 195

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## SOUTH LANARKSHIRE

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### MULTI SPORT

---

**Where**

John Wright Sports Centre

**When**

Wednesday: 4-5pm

**Who**

Physical, learning and sensory disabilities - 5+ years

**Cost**

Contact for details

**Contact**

01698 476 195

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### MULTI SPORTS

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#### East Kilbride Youth Disability Sports Club

---

**Where**

Universal Connection, East Kilbride

**When**

Saturday: 11.30-1.30

**Who**

Physical disabilities - 12-25 years

**Cost**

Contact for details

**Contact**

[info@ekydsc.oth.uk](mailto:info@ekydsc.oth.uk)

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### MULTI SPORTS

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#### Multi Sports

---

**Where**

Blantyre Sports Centre

**When**

Wednesday: 9.30-11.30am

**Who**

Learning disability - 16+ years

**Cost**

Contact for details

**Contact**

Blantyre Sports Centre  
01698 727 800

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### MULTI SPORTS

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**Where**

Carlisle Sports Centre

**When**

Contact for details

**Who**

Autism, age 5-12 years

**Cost**

Contact for details

**Contact**

Carlisle Sports Centre  
01555 751 384

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### SWIMMING

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#### Larkhall Avondale ASC (mainstream club)

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**Where**

Larkhall Leisure Centre

**When**

Monday: 7-9.30pm

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

Brian Archibald  
07904 703 098

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# SOUTH LANARKSHIRE

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## SWIMMING

---

**Where**

Blantyre Leisure Centre

**When**

Tuesday: 6-7pm

**Who**

Physical, learning and sensory disabilities - 5-12 years

**Cost**

Contact for details

**Contact**

01698 476 195

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## SWIMMING

### Swimming

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**Where**

Hamilton Water Palace

**When**

Saturday: 10.30-11.30

**Who**

Physical, learning and sensory disabilities - any age

**Cost**

South Lanarkshire

**Contact**

01698 459 950

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## SWIMMING

### Lanark ASC (mainstream club for deaf swimmers)

---

**Where**

Lanark Lifestyles

**When**

Various

**Who**

Hearing impairment - 8-16 years

**Cost**

Contact for details

**Contact**

Mary Kelly - 01555 662 165

[marydoll167@yahoo.co.uk](mailto:marydoll167@yahoo.co.uk)

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## SWIMMING

### Larkhall Avondale ASC (mainstream club)

---

**Where**

Larkhall Leisure Centre

**When**

Thursday: 7-9.30pm

**Who**

Physical, learning and sensory disabilities - 8+ years

**Cost**

Contact for details

**Contact**

Brian Archibald

07904 703 098

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## SWIMMING

### Swimming Lessons

---

**Where**

Lanark Lifestyles

**When**

Saturday: 12.10-12.50pm

**Who**

Physical, learning and sensory disabilities - able to swim 25m

**Cost**

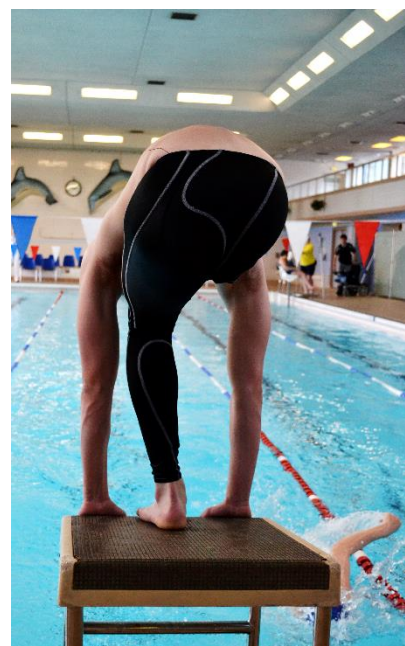
Contact for details

**Contact**

Lindsay Leeper - 01555 666 800

[lindsay.leeper@southlanarkshireleisure.co.uk](mailto:lindsay.leeper@southlanarkshireleisure.co.uk)

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# WEST DUNBARTONSHIRE

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## FOOTBALL

### Dumbarton Riverside Football Club

**Where**

Hermitage Academy, Helensburgh

**When**

Tuesday: 6.30-8pm

**Who**

Physical, learning and sensory disabilities - 16+ years

**Cost**

£2 per session

**Contact**

Alastair Bateman - 07875 879 309

[a.l.bateman@talktalk.net](mailto:a.l.bateman@talktalk.net)

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## FOOTBALL

### West Dunbartonshire Sports Development

**Where**

Meadow Centre, Dumbarton

**When**

Thursday: 7-8pm

**Who**

Physical, learning and sensory disabilities - 12-18 years

**Cost**

Contact for details

**Contact**

01389 756 384

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## FOOTBALL

**Where**

Meadow Centre, Dumbarton

**When**

Wednesday: 7-8pm

**Who**

Physical, learning and sensory disabilities - 6-11 years

**Cost**

Contact for details

**Contact**

01389 756 384

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## MARTIAL ARTS

### SJC Alba Judo

**Where**

St Peter the Apostle High School, Clydebank

**When**

Monday: 6.30-7.30pm

**Who**

Physical, learning and sensory disabilities

**Cost**

Contact for details

**Contact**

Duncan Hewitson - 07766 331 226

[dfhewitson@waitrose.com](mailto:dfhewitson@waitrose.com)

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## MULTI SPORTS

### Dunbartonshire Disability Sports Club

**Where**

St Peter the Apostle High School, Clydebank

**When**

Saturday: 10.00-12.00

**Who**

Physical, learning and sensory disabilities - 5+ years

**Cost**

Contact for details

**Contact**

Tommi Orismaa - 01389 753 557

[tommi.orismaa@west-dunbarton.gov.uk](mailto:tommi.orismaa@west-dunbarton.gov.uk)

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# WEST DUNBARTONSHIRE

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## SWIMMING

### Swimming

**Where**

Play Drome Leisure Centre

**When**

Friday: 4-6.30pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

£3 per session

**Contact**

Children with Disabilities Team  
[cwdt@west-dunbarton.gov.uk](mailto:cwdt@west-dunbarton.gov.uk)

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## SWIMMING

**Where**

Vale of Leven Pool, Alexandra

**When**

Sunday: 11.300-3.00

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

£3 per session

**Contact**

Children with Disabilities Team  
[cwdt@west-dunbarton.gov.uk](mailto:cwdt@west-dunbarton.gov.uk)

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## SWIMMING

### PHIN Swimming Club

**Where**

Vale of Leven Pool, Alexandria

**When**

Monday: 6-7pm

**Who**

Physical, learning and sensory disabilities - all ages

**Cost**

Contact for details

**Contact**

Sylvia Barclay - 01389 830 619  
[sylviajbarclay@googlemail.com](mailto:sylviajbarclay@googlemail.com)

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## SWIMMING

### Swimming

**Where**

Meadow Sports Centre, Dumbarton

**When**

Friday: 4-6pm

**Who**

Physical, learning and sensory disabilities - 5-18 years

**Cost**

£3 per session

**Contact**

Children with Disabilities Team  
[cwdt@west-dunbarton.gov.uk](mailto:cwdt@west-dunbarton.gov.uk)

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# CONTACTS

## Lynn Allison

SDS Regional Manager

Ayrshire, Dumfries & Galloway, North Lanarkshire, South Lanarkshire

T: 07974 448580

E: [lynn.allison@scottishdisabilitysport.com](mailto:lynn.allison@scottishdisabilitysport.com)

## Lori Ure

SDS Regional Manager

Argyll & Bute, City of Glasgow, East Dunbartonshire, East Renfrewshire, Inverclyde, Renfrewshire, West Dunbartonshire

T: 07806 815591

E: [lori.ure@scottishdisabilitysport.com](mailto:lori.ure@scottishdisabilitysport.com)



## Glasgow Disability Sport

Gordon McCormack OBE

[scotlandwest@btinternet.com](mailto:scotlandwest@btinternet.com)

## Ayrshire Sportsability

Dianne Campbell

07523 827 3732

[admin@ayrshiresportsability.org.uk](mailto:admin@ayrshiresportsability.org.uk)

## Dumfries & Galloway

Laura Vickers

01461 207 028

[Laura.Vickers@dumgal.gov.uk](mailto:Laura.Vickers@dumgal.gov.uk)

## South Lanarkshire Disability Sport

Marion Wotherspoon

01698 476 108

[marion.wotherspoon@southlanarkshireleisure.co.uk](mailto:marion.wotherspoon@southlanarkshireleisure.co.uk)

