**Tennis**

Tennis is an incredibly inclusive sport, catering for all abilities and disabilities. Each session has specially trained coaches who know how to adapt and cater for all in their sessions.

**Tennis National Tennis Centre SW15 5JQ**

For; Downs Syndrome
Day; Tuesday
Time; 6pm-7pm
Age; Open to all Ages
Contact; Katy Shephard [kshephard@fulhamfc.com](mailto:kshephard@fulhamfc.com)
DSActive Team [dsactive@downs-syndrome.org.uk](mailto:dsactive@downs-syndrome.org.uk)

**Tennis National Tennis Centre SW15 5JQ**

For; Visual Impaired
Day; Tuesday
Time; 7pm-8.30pm Fortnightly from 8/1/19
Age; Open to all Ages
Contact; Matt Grover [matthew.grover@lta.org.uk](mailto:matthew.grover@lta.org.uk)
David Hardman [David.hardman@lta.org.uk](mailto:David.hardman@lta.org.uk)

**Tennis**

National Tennis Centre SW15 5JQ
For; Wheelchair
Day; Tuesday
Time; 8.30pm- 10pm
Age; Adult
Contact; Matt Grover [matthew.grover@lta.org.uk](mailto:matthew.grover@lta.org.uk)
David Hardman [David.hardman@lta.org.uk](mailto:David.hardman@lta.org.uk)

**Swimming**

**Dolphins Swimming Club**

The Latchmere Leisure Centre, Burns Road, SW11 5AD

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.

For; Learning Disabilities
Day; Friday
Time; 7.30-9pm
Age; 5+
Contact; Pam Hall [pamhall35@aol.com](mailto:pamhall35@aol.com)
Eileen Beard [020 8672 1761](tel:020 8672 1761)

**WASA Disability Swimming**

Ernest Bevin School, SW17 7DF

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.

For; Open to all Disabilities
Day; Saturday
Time; 1.30-4pm
Age; 5-12
Contact; Will Collins [wblc11@Hotmail.com](mailto:wblc11@Hotmail.com)
For more information on Disability Sport contact Kaity Hall khall@enablelc.org.uk 0203 959 0038

Watersports (Please contact for more details)
Watersports centre, Wimbledon Park
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.
For: Open to all Disabilities
Day: please contact for dates
Time: please contact for times
Age: 8-16
Contact: Kaity Hall khall@enablelc.org

Cycling
London Recumbents
Battersea Park, Carriage Drive, North SW11 4NJ
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.
For: Open to all Disabilities
Day: Weekends and School Holidays
Time: 10am-4.30pm or one hour before dusk in Winter
Age: 3+
Contact: Nigel info@londonrecumbents.com

Wandle Recreation Centre Gym
Mapleton Road, SW18 4DN
The Wandle Recreation Centre Gym have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.
Our accessible features include;
• disabled parking at the entrance of the centre
• accessible shower and changing rooms
• a full range of accessible equipment
For: Open to all Disabilities
Day: Gym Opening hours contact 020 8871 1149
Age: 16+

Multi-Sports
Lilian Baylis School, SE11 5QY
Free sports and games sessions for children with disabilities. Sessions are 2 hours long with structured sports-related activities in the first half and supported free play for the second half.
For: Open to all Disabilities (siblings welcome)
Day: Saturday
Time: 10.30am-12.30pm
Age: 5-14
Contact: Andrew andrew@keenlondon.org

Youth Clubs
Generate Youth Clubs
George Shearing Centre, Este Road, SW11 2TF
Generate is a youth club for young people with mild to moderate special needs and learning difficulties. Youth Clubs run during term time and provide opportunities for social activities and interactions.
For: Boys Youth Club, Learning Disabilities
Day: Monday
Time: 6-8pm
Age: 11-17
Contact: Tim Aldcroft tim.Aldcroft@generate-uk.org

For: Girls Youth Club, Learning Disabilities
Day: Wednesday
Time: 6-8pm
Age: 11-17
Contact: Tim Aldcroft tim.Aldcroft@generate-uk.org

Achieval Youth Club
Caius House Centre, SW11 3RL
Achieval Youth Club is a youth club in Battersea for young people with disabilities. The club provides an opportunity to develop independence and social skills.
For: Open to all Disabilities
Day: Saturday
Time: 10am-1pm
Age: 16+
Contact: Laura Abrahams laura@disabilitysportscoach.co.uk

Adventure Playground
KIDS Lady Allen Adventure playground, SW11 1HT
Lady Allen Adventure Playground provides opportunities for adventurous play for disabled children and their siblings from the Borough of Wandsworth. It offers outdoor and indoor facilities on a secure site including:
• soft play area
• video games room
• arts and crafts
• an indoor slide
For: Open to all Disabilities
Day: Check Webpage for opening times
Age: 5-14
Contact: Sarah Oram sarah.oram@kids.org.uk
https://www.kids.org.uk/lady-allen-adventure-playground1

For prices and session availability please contact the session providers.