



SCOTTISH DISABILITY
SPORT

West of Scotland Disability Sport Opportunities





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Lynn Allison and Becky Bisland have recently started working for Scottish Disability Sport as West of Scotland Regional Managers, covering 13 local authorities between them. The breakdown of local authorities is below:

- Lynn covers Dumfries & Galloway, East Ayrshire, North Ayrshire, North Lanarkshire, South Ayrshire and South Lanarkshire.
- Becky covers Argyll & Bute, City of Glasgow, East Dunbartonshire, East Renfrewshire, Inverclyde, Renfrewshire and West Dunbartonshire.

Currently there are few children, young people and adults with a physical disability, learning disability or sensory impairment involved in sport in the West of Scotland. At a local level there are numerous options for people to train and compete but sadly not enough children, young people and adults from the West of Scotland take up these opportunities. Disability sport is more popular than ever and the Paralympic Games in London 2012 and Commonwealth Games in Glasgow in 2014 will create an additional focus on disability sport. To enable more athletes to have the opportunity to compete at the 2014 Commonwealth Games and beyond, there needs to be more children, young people and adults taking part in sport and physical activity.

The purpose of this brochure is to provide information on activities and sports opportunities that are available to attend for children, young people and adults for all disability groups. It is recommended that before attending any of the sessions participants contact the individual organisers in case any changes have occurred.

If you require any further information please contact your relevant Regional Manager on the details below.

Lynn Allison

Telephone 07578 103 343

Email lynn.allison@scottishdisabilitysport.com

Becky Bisland

Telephone 07578 242 267

Email rebecca.bisland@scottishdisabilitysport.com

Please note that this brochure provides information only and the sessions / clubs are the responsibility of the organisers and not Scottish Disability Sport.

Colour Key

COLOUR KEY FOR LOCAL AUTHORITIES

Argyll & Bute	Maroon	
Ayrshire Sportsability	Sky Blue	
City of Glasgow	Green	
Dumfries & Galloway	Orange	
East Ayrshire	Turquoise	
East Dunbartonshire	Black	
East Renfrewshire	Magenta	
Inverclyde	Dark Yellow	
North Ayrshire	Brown	
North Lanarkshire	Red	
Renfrewshire	Purple	
South Ayrshire	Light Blue	
South Lanarkshire	Dark Blue	
West Dunbartonshire	Lime	
West of Scotland	Beige	

Young Persons Multi-sports

EAST AYRSHIRE

CHAMPS (Challenging Health, Arts, Movement, Play and Sport)

Where Bellfield Community Centre
When Monday **Time** 6-7pm
Who for 5-18 yrs any disability
Cost £1.60 per session
Contact Health & Activity Motivator (LD)
Tel 01563 576716

EAST AYRSHIRE

S.O.F.A. (Sporting Opportunities for All)

Where Cumnock Academy
When Tuesday **Time** 6-7.30pm
Who for 5-18 yrs any disability
Cost £1.60 per session
Contact Health & Activity Motivator (LD)
Tel 01563 576716

CITY OF GLASGOW

Glasgow Life

Where Bellahouston Leisure Centre
When Tuesday **Time** 6.30-8pm
Who for 5-18 yrs any disability
Cost FREE
Contact Fiona MacNeil
Tel 0141 287 5632
Email fiona.macneil@glasgowlife.org.uk

EAST RENFREWSHIRE

KAOS Club

Where Calibar Primary School
When Tuesday **Time** 7-8pm
Who for P4-P7 communication support needs
Cost Contact for details
Contact David McLeish
Tel 0141 577 3193
Email david.mcleish@eastrenfrewshire.gov.uk

Please contact for information on capacity of club.

INVERCLYDE

Sport 4 All Club

Where Greenock Sports Centre
When Wednesday **Time** 4-4.40pm
 Wednesday **Time** 4.40-5.20pm
Who for 5-9 yrs (1st session)
 any disability
 10-16 yrs (2nd session)
 any disability
Cost FREE
Contact Emma Steele
Tel 01475 715420
Email emma.steele1@inverclyde.gov.uk

ARGYLL & BUTE

The Zone

Where Dunoon Grammar School
When Wednesday **Time** 5-6pm
Who for P3-S2 pupils
Cost £3.50 per session
Contact Lindsey Keddle
Tel 07917 073429
Email Lindsey.keddle@ea.argyll-bute.sch.uk

Please contact for information on capacity of club.

Young Persons Multi-sports

EAST AYRSHIRE

CHAMPS (Challenging Health, Arts, Movement, Play and Sport)

Where Drongan Games Hall
When Wednesday **Time** 6-7pm
Who for 5-18 yrs any disability
Cost £1.60 per session
Contact Health & Activity Motivator (LD)
Tel 01563 576716

EAST AYRSHIRE

S.O.F.A. Club

Where Shortlees Community Centre
When Thursday **Time** 6-7.30pm
Who for 5-18 yrs any disability
Cost £1.60 per session
Contact Health & Activity Motivator (LD)
Tel 01563 576716

DUMFRIES & GALLOWAY

Junior Multi-sports

Where Newton Stewart Community Centre
When Friday **Time** 2-2.45pm
Who for Contact for details
Cost Contact for details
Contact Alison Murray
Tel 0303 333 3000 ext 61269
Email Alison.Murray@dumgal.gov.uk

EAST RENFREWSHIRE

Wednesday Warriors Club

Where Woodfarm High School
When Wednesday **Time** 6-7.30pm
Who for 5-9 yrs, 10-16 yrs. Open to all including siblings / friends.
Cost Contact for details
Contact David McLeish
Tel 0141 577 3193
Email david.mcleish@eastrenfrewshire.gov.uk
Please contact for information on capacity of club.

DUMFRIES & GALLOWAY

Junior Multi-sports

Where Ryan Centre, Stranraer
When Friday **Time** 10-10.45am
Who for 5-16 yrs any disability
Cost Contact for details
Contact Alison Murray
Tel 0303 333 3000 ext 61269
Email Alison.Murray@dumgal.gov.uk

SOUTH LANARKSHIRE

Multi-sports

Where Lifestyles, Fairhill
When Friday **Time** 5-6pm
Who for 6-12 yrs any disability
Cost Contact for details
Tel 01698 456350

Young Persons Multi-sports

CITY OF GLASGOW

Glasgow Life

Where Scotstoun Leisure Centre
When Friday **Time** 6-8pm
Who for 5-18 years any disability
Cost FREE
Contact Fiona MacNeil
Tel 0141 287 5632
Email fiona.macneil@glasgowlife.org.uk

NORTH LANARKSHIRE

Clyde Valley Beavers Disabled Sports Club

Where Clyde Valley High School,
Motherwell
When Friday **Time** 6.30-9pm
Who for Any disability
Cost Contact for details
Contact Anne Kippen
Tel 01698 264380

ARGYLL & BUTE

Kidz Klub

Where Salen Church, Salen, Isle of Mull
When Saturday **Time** 2-4pm
Who for Any age any disability
Cost £2 per session
Contact Babs Whyte
Tel 07917 073419
Email babs.whyte@tobermory.argyll-bute.sch.uk

RENFREWSHIRE

Fit 4 Sport Club

Where St Andrew's Academy
When Friday **Time** 6.30-7.30pm
7.30-8.30pm
Who for 1st session primary aged children
2nd session secondary aged – any disability
Cost Contact for details
Contact Susannah Pietryga
Tel 01505 325 5333
Email susannah.pietryga@renfrewshire.gov.uk

WEST DUNBARTONSHIRE

Dunbartonshire Disability Sports Club

Where St Peter the Apostle High School,
Clydebank
When Saturday **Time** 11am-12pm
Saturday **Time** 10am-12pm
Who for 5-12 yrs (11-12pm) any disability
13 yrs + (10-12pm) any disability
Cost Contact for details
Contact Tommi Orismaa
Tel 01389 753557
Email tommi.orismaa@west-dunbarton.gov.uk

SOUTH LANARKSHIRE

Sunday Club

Where Burnhill Sports Centre
When Sunday **Time** 1-4pm
Who for 6-16 yrs any disability
Cost Contact for details
Tel 0141 643 0327

Young Persons Multi-sports

CITY OF GLASGOW

Glasgow Life

Where Gorbals Leisure Centre

When Sunday **Time** 2-3pm

Who for 5-18 yrs any disability

Cost FREE

Contact Fiona MacNeil

Tel 0141 287 5632

Email fiona.macneil@glasgowlife.org.uk





Adults Multi-sports

CITY OF GLASGOW – CIRCUITS/AEROBICS

Glasgow Life

Where Tollcross Park Leisure Centre
When Monday **Time** 11am-12pm
Who for Adults with a learning disability
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

CITY OF GLASGOW – CIRCUITS/AEROBICS

Glasgow Life

Where Gorbals Leisure Centre
When Tuesday **Time** 1.15-2.15pm
Who for Adults any disability
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

CITY OF GLASGOW

Special Olympics

Where Firhill Sports Complex
When Tuesday **Time** 5-7pm
Who for Adults with a learning disability
Cost Contact for details
Contact Lori Ure
Tel 0141 287 5294
Email lori.ure@pas.glasgow.gov.uk

CITY OF GLASGOW – GYM PROGRAMME

Glasgow Life

Where Scotstoun Leisure Centre
When Monday **Time** 1-3pm
Thursday 1-2pm
Friday 1-3pm
Who for Adults any disability
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

CITY OF GLASGOW

CSG Deaf Community Club

Where Gorbals Leisure Centre
Day Tuesday **Time** 4-6pm
Who for Any age hearing impaired
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

SOUTH AYRSHIRE

South Ayrshire Access to Sport (SAAS)

Where Citadel Leisure Centre, Ayr
When Wednesday **Time** 10am-12pm
Who for 16 yrs + any disability
Cost £2 per session
Contact Colin Duthie
Tel 01292 294732
Email colin.duthie@south-ayrshire.gov.uk

Adults Multi-sports

SOUTH LANARKSHIRE

Multi-sports

Where Blantyre Sports Centre
When Wednesday **Time** 10am-12pm
Who for 16 yrs + learning disability
Cost Contact for details
Contact Scott Dunbar
Tel 01698 476197
Email scott.dunbar@southlanarkshireleisure.co.uk

SOUTH AYRSHIRE

Active Futures

Where Whitletts Leisure Centre, Ayr
When Wednesday **Time** 6-8pm
Who for 16 yrs + any disability
Cost Contact for details
Contact Colin Duthie
Tel 01292 294732
Email colin.duthie@south-ayrshire.gov.uk

EAST AYRSHIRE

Adult Disability Sports Club

Where Catrine Games Hall
When Thursday **Time** 1.30-3pm
Who for 16 yrs + any disability
Cost £2.40 per session
Contact Lindsay McMahon
Tel 01563 576726
Email lindsay.mcmahon@east-ayrshire.gov.uk

CITY OF GLASGOW – CIRCUITS

Glasgow Life

Where Gorbals Leisure Centre
When Wednesday **Time** 11.30am-12.30pm
Who for Young adults with a hearing impairment
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

SOUTH LANARKSHIRE

Multi-sports

Where Wishaw Sports Centre
When Wednesday **Time** 6.30-8pm
Who for 10 yrs + any disability
Cost Contact for details
Contact Peggy Williams
Tel 01698 360171
Email paula.curnie@hotmail.co.uk

SOUTH AYRSHIRE

Club Diamonds – Healthy Living

Where Citadel Leisure Centre, Ayr
When Thursday **Time** 2-3pm
Who for 16 yrs + any disability
Cost Contact for details
Contact Colin Duthie
Tel 01292 294732
Email colin.duthie@south-ayrshire.gov.uk



Adults Multi-sports

EAST AYRSHIRE

Adult Disability Sports Club

Where Hunter Fitness Suite
When Friday **Time** 1-2pm and 2-3pm
Who for 16 yrs + any disability
Cost £1.60 per hour
Contact Lindsay McMahon
Tel 01563 576726
Email lindsay.mcmahon@east-ayrshire.gov.uk

DUMFRIES & GALLOWAY

Senior Multi-sports

Where Ryan Centre, Stranraer
When Friday **Time** 10.45-11.45am
Who for 16 yrs + any disability
Cost Free
Contact Alison Murray
Tel 0303 333 3000 ext 61269
Email Alison.Murray@dumgal.gov.uk



Athletics

CITY OF GLASGOW

Red Star Athletics Club

Where Crownpoint Athletics Track,
Glasgow
When Monday and Thursday **Time** 7-8pm
Who for Any age any disability
Cost Contact for details
Contact Janice Eaglesham
Tel 0141 641 1920 / 07712624498
Email janice.eaglesham@glasgow.gov.uk

NORTH LANARKSHIRE

Athletics – Run, Jump and Throw Club

Where Broadwood Stadium (beg Sept)
When Saturday **Time** 1.15-2pm
Who for 8-16 yrs any disability
Cost Contact for details
Contact Yvonne Murray Mooney
Tel 01236 437756
Email murrayyv@nleisure.co.uk

RENFREWSHIRE

Athletics and Boccia Club

Where St Andrew's Academy
When Tuesday **Time** 6-7.30pm
Who for Secondary aged children
Cost Contact for details
Contact Mick Kelly
Email mkelly2010@hotmail.co.uk
Please contact for information on capacity of club.

DUMFRIES & GALLOWAY

Athletics

Where Newington Leisure Centre
When Tuesday **Time** 1.30-3pm
(In summer, Annan Running Track
Wednesday 10.30am-12pm)
Who for 16 yrs + learning disability
Cost Free
Contact Sandra Proudfoot
Tel 01461 207045
Email Sandra.Proudfoot@dumgal.gov.uk



CITY OF GLASGOW

Special Olympics

Where Firhill Sports Complex
When Tuesday **Time** 5-7pm
Who for Adults with a learning disability
Cost Contact for details
Contact Gordon McCormack
Tel 0141 287 5294
Email gordon.mccormack@pas.glasgow.gov.uk

WEST DUNBARTONSHIRE

West Dunbartonshire Council Sports Development

Where Meadow Centre, Dumbarton
When Wednesday **Time** 7-8pm
 Thursday 7-8pm
Who for Wednesday 7-11 yrs
 Thursday 12-18 yrs any disability
Cost FREE
Contact 01389 756 384

EAST RENFREWSHIRE

Football Club

Where Kirkhill Primary, Newton Mearns
When Tuesday **Time** 6.30-7.30pm
 Tuesday **Time** 7.30-8.30pm
Who for 5-12 yrs (1st session) any disability
 12 yrs + (2nd session) any disability
Cost Contact for details
Contact David McLeish
Tel 0141 577 3193
Email david.mcleish@eastrenfrewshire.gov.uk

Please contact for information on capacity of club.

RENFREWSHIRE

St Mirren Football Club Sessions

Where St Mirren Football Club Park
When Wednesday **Time** 4.30-5.30pm
Who for Secondary age children with learning disability
Cost Contact for details
Contact Robert Campbell
Tel 0141 840 6131
Email robert@stmirren.net

RENFREWSHIRE

West of Scotland Football Club for the Physically Disabled

Where Renfrew High School KGV pitches
When Wednesday **Time** 7-9pm
Who for 8 yrs + players with ambulant physical disability
Cost Contact for details
Contact Andy Lundie
Tel 07824 359425
Email andrew.lundie1@ntlworld.com
Website www.westofscotlandfcpcd.com
Please contact for information on capacity of club.

INVERCLYDE

Sport 4 All Football Club

Where Greenock Sports Centre
When Thursday **Time** 4-5pm
Who for 10-16 yrs any disability
Cost FREE
Contact Emma Steele
Tel 01475 715420
Email emma.steele1@inverclyde.gov.uk

Football

DUMFRIES & GALLOWAY

Football

Where Annan Academy Games Hall
When Thursday **Time** 6-7pm
Who for 14 yrs + learning disability
Cost Contact for details
Contact Sandra Proudfoot
Tel 01461 207045
Email Sandra.Proudfoot@dumgal.gov.uk

NORTH LANARKSHIRE

Football

Where St Margaret's High School
When Saturday **Time** 10-11.30am
Who for 8-16 yrs any disability
Cost Contact for details
Contact Andy Smith
Tel 01236 812717
Email smithand@northlan.gov.uk

CITY OF GLASGOW

Glasgow Eagles

Where Donald Dewar Sports Centre
When Sunday **Time** 1-3pm
Who for Any age learning disability
Cost Contact for details
Contact Alex Watt
Tel 0141 287 5632 / 07801 559175
Email thomsongail61@yahoo.com

CITY OF GLASGOW

Glasgow Life

Where Scotstoun Leisure Centre
When Saturday **Time** 9.30-11am
Who for 5-18 yrs any disability including children on the autistic spectrum
Cost FREE
Contact Fiona MacNeil
Tel 0141 287 5632
Email fiona.macneil@glasgowlife.org.uk

WEST OF SCOTLAND

SFA West Regional Football Sessions

Where Toryglen Regional Football Centre, Glasgow
When Sundays monthly **Time** 12-2pm
Who for 9 yrs + ambulant physical (non wheelchair users) and learning disability
Cost FREE
Contact David McArdle
Tel 0141 886 7366
Email westregion@scottishfa.co.uk

WEST OF SCOTLAND

Powerchair Football Sessions

Where TBC
Time TBC
Who for 8 yrs to adult powerchair users
Contact Stuart Aitchison
Tel 07786 171303
Email SAitchison@st-philomenas-pri-glasgow.sch.uk

EAST AYRSHIRE

Mixes & Matches Football

Where Catrine Games Hall

When Monday **Time** 6-7pm

Who for 14 yrs + learning disability

Cost £2.50

Contact James Dunnachie

Tel 07790 955775



Swimming

WEST DUNBARTONSHIRE

PHIN Swimming Club

Where Vale of Leven Pool, Alexandria

When Monday **Time** 6-7pm

Who for Any age physical disabilities

Cost Contact for details

Contact Mrs S Barclay

Tel 01389 830619

Email sylviajbarclay@googlemail.com

WEST DUNBARTONSHIRE

West Dunbartonshire Dolphins and West Dunbartonshire ASC

Where Vale of Leven Pool, Alexandria

When Dolphins - Monday **Time** 6.45-7.45pm
ASC - Thur and Sat **Time** 5.30-7.30am

Who for Any age any disability

Cost Contact for details

Contact Tricia Lawrence

Tel 01389 605887

Email tdianecarly@blueyonder.co.uk

CITY OF GLASGOW

Glasgow Life

Where Scotstoun Leisure Centre

When Tuesday and Thursday

Time 10am-12pm

Who for Adults with a range of disabilities

Cost FREE

Contact Stephen White

Tel 0141 287 5682

Email stephen.white@glasgowlife.org.uk

CITY OF GLASGOW

Temple Swimming Club

Where Whitehill Pool, Dennistoun, Glasgow

When Tuesday **Time** 6.30-8.30pm

Who for Any age any disability

Cost Contact for details

Contact Irene Lochrin

Tel 0141 647 4904

Email irenelochrin@hotmail.com

EAST AYRSHIRE

Kilmarnock Jets

Where Galleon Leisure Centre

When Tuesday **Time** 6.30-7.30pm

Who for Any age any disability

Cost £2.50 per week

Contact Joan O'Sullivan

Tel 01294 463901

Email josullivan@jameswatt.ac.uk

DUMFRIES & GALLOWAY

Swimming

Where Annan Swimming Pool

When Tuesday **Time** 6.45-7.45pm

Who for Any age learning disability

Cost Contact for details

Contact Sandra Proudfoot

Tel 01461 207045

Email Sandra.Proudfoot@dumgal.gov.uk

ARGYLL & BUTE

Helensburgh ASC (mainstream swimming club)

Where Helensburgh Swimming Pool
When Tuesday, Thursday and Friday
Time 7-9pm
Who for Any age any disability
Cost Contact for details
Contact David Butler
Tel 07974 242632
Email butlerd12345@virginmedia.com

CITY OF GLASGOW

Glasgow Life – Learn to Swim

Where Scotstoun Leisure Centre
When Saturday **Time** 11.15am-1.45pm
Who for 5-18 yrs any disability
Cost Contact for details
Contact Fiona MacNeil
Tel 0141 287 5632
Email fiona.macneil@glasgowlife.org.uk

CITY OF GLASGOW

City of Glasgow Seals Club

Where Tollcross Park Leisure Centre
When Wednesday **Time** 8.30-9.30pm
Who for Any age any disability as long as participant can swim a length
Cost Contact for details
Contact Anne Watson
Tel 0141 573 3012
Email anne.56@hotmail.co.uk

NORTH LANARKSHIRE

Monklands

Where Time Capsule, Coatbridge
When Wednesday **Time** 8.30-9.30pm
Who for Any age any disability
Cost Contact for details
Contact Margaret Humes
Tel 01236 751550
Email margaret.humes@amey.co.uk

NORTH LANARKSHIRE

Clyde Valley Beavers Recreational Swimming

Where Clyde Valley High School
When Friday **Time** 6.30-8.30pm
Who for Any age any disability
Cost Contact for details
Contact Rita Fleming
Tel 01698 793419
Email fleming6tt@btinternet.com

CITY OF GLASGOW

Glasgow Life – Learn to Swim

Where Tollcross Park Leisure Centre
When Wednesday **Time** 4-7pm
Who for 5-18 yrs any disability
Cost Contact for details
Contact Fiona MacNeil
Tel 0141 287 5632
Email fiona.macneil@glasgowlife.org.uk

Swimming

SOUTH LANARKSHIRE

Swimming

Where Hamilton Water Palace
When Saturday **Time** 10.30-11.30am
Who for Any age any disability
Cost Contact for details
Tel 01698 459950

NORTH AYRSHIRE

Cunninghame Action Club

Where Garnock Swimming Pool
When Saturday **Time** 12-2pm
Who for Any age any disability
Cost Contact for details
Contact Robert Kennedy
Tel 01294 312471
Email rkennedy@hotmail.co.uk
Please contact for information on capacity of club.

NORTH LANARKSHIRE

Wishaw Dolphins

Where Wishaw Sports Centre
When Saturday **Time** 3-4pm
Who for Any age any disability
Cost Contact for details
Contact Peggy Williams
Tel 01698 360171
Email paula_currie@hotmail.co.uk

NORTH LANARKSHIRE

Clyde Valley Beavers Competitive Swimming

Where Wishaw Sports Centre
When Sunday **Time** 4-5pm
Who for Any age any disability
Cost Contact for details
Contact Rita Fleming
Tel 01698 793419
Email fleming6tt@btinternet.com

INVERCLYDE

Port Glasgow Otters Swimming Club

Where Port Glasgow Baths
When Sunday **Time** 2-5pm (3 x 1hrs)
Who for Any age any disability
Cost Contact for details
Contact Ann O'Neill
Tel 01475 790699
Email j.oneill1@ntlworld.com

DUMFRIES & GALLOWAY

SPLASH Club – Recreational

Where DG One
When Sunday (fortnightly) **Time** 12-2pm
Who for Any age any disability
Cost Contact for details
Contact Alison Murray
Tel 0303 333 3000 ext 61269
Email Alison.Murray@dumgal.gov.uk

INVERCLYDE

Greenock Otters Swimming Club

Where Waterfront Leisure Complex,
Greenock

When Sunday **Time** 4.30-6pm

Who for Any age any disability

Cost Contact for details

Contact Bob McCaughey

Tel 01475 805864

Email rtemccaughey@yahoo.co.uk

Please contact for information on capacity of club.

NORTH LANARKSHIRE

Cumbernauld – Mainstream club for all disabilities

Where The Tryst

When Various **Time** Various

Who for Any age any disability

Cost Contact for details

Contact Danny McGowan

Tel 01236 729773

Email danmcgowan@blueyonder.co.uk

SOUTH LANARKSHIRE

Lanark ASC – Mainstream club for deaf swimmers

Where Lanark Pool

When Various **Time** Various

Who for 8-16 yrs hearing impaired

Cost Contact for details

Contact Mary Kelly

Tel 01555 662165

Email marydoll167@yahoo.co.uk

RENFREWSHIRE

Paisley Piranha's

Where Lagoon Leisure Centre, Paisley

When Sunday **Time** 6-7pm

Who for 8 yrs + any disability

Cost Contact for details

Contact David Stevenson

Tel 07706 270062

Email dayda007@o2.co.uk

Please contact for information on capacity of club.



Racquet Sports

CITY OF GLASGOW

Glasgow Eagles Table Tennis

Where Castlemilk Leisure Centre
When Monday **Time** 5-7pm
Who for Any age any disability
Cost Contact for details
Contact Alex Watt
Tel 0141 339 1196 / 07801 559175
Email thomsongail61@yahoo.com

CITY OF GLASGOW

Glasgow Disability Badminton Club

Where Firhill Sports Complex and Haghill School
When Tuesday (Firhill) **Time** 5-7pm
Wednesday (Haghill) 7-9pm
Who for Secondary age to adult any disability
Cost Contact for details
Contact David Gillespie
Tel 07809 431 184
Email dgillespie@lineone.net

RENFREWSHIRE

Renfrewshire Leisure Sporting Chances – Badminton

Where Erskine Leisure Centre
When Wednesday **Time** 10am-12pm
Who for Adults with a range of disabilities
Cost Contact for details
Tel 0141 847 4999
Email fipss.sw@renfrewshire.gov.uk

CITY OF GLASGOW

Drumchapel Table Tennis Club

Where Drumchapel High School
When Wednesday **Time** 5.30-7.30pm
Who for Any age any disability
Cost Contact for details
Contact Terry McLernon
Tel 0141 944 7276
Email telldrumtt@aol.com
Website drumchapeltabletennisclub.com

DUMFRIES & GALLOWAY

Table Tennis

Where DG One
When Thursday **Time** 11am-12pm
Who for 16 yrs + any disability
Cost £2.05 per session
Contact Alison Murray
Tel 0303 333 3000 ext 61269
Email Alison.Murray@dumgal.gov.uk

SOUTH LANARKSHIRE

Wheelchair Badminton

Where John Wright Sports Centre
When Wednesday **Time** 12-2pm
Who for Adult wheelchair users
Cost Contact for details
Contact Stevie Sutherland
Tel 07719 694335



Target Sports

RENFREWSHIRE

Renfrewshire Leisure Sporting Chances New Age Curling

Where Linwood Sports Centre
When Monday **Time** 10am-12pm
Who for Adults with a range of disabilities
Cost Contact for details
Tel 0141 847 4999
Email fipss.sw@renfrewshire.gov.uk

CITY OF GLASGOW

Glasgow Life Boccia

Where Gorbals Leisure Centre
When Monday **Time** 10.30am-12.30pm
Who for Adults with a range of disabilities
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

SOUTH LANARKSHIRE

Bowls

Where West of Scotland Bowling Club
When Monday **Time** 1-3pm
Who for 16 yrs + visually impaired
Cost Contact for details
Contact Scott Dunbar
Tel 01698 476197
Email scott.dunbar@south
lanarkshireleisure.co.uk

SOUTH LANARKSHIRE

Wheelchair Curling

Where Lanarkshire Ice Rink, Hamilton
When Monday **Time** 1-3pm
Who for Any age wheelchair users
Cost Contact for details
Contact Scott Dunbar
Tel 01689 476197
Email scott.dunbar@south
lanarkshireleisure.co.uk

RENFREWSHIRE

Renfrewshire Leisure Sporting Chances Carpet Bowls

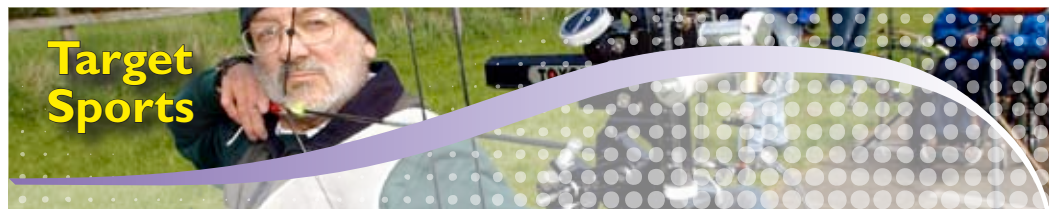
Where Lagoon Sports Centre, Paisley
When Tuesday **Time** 10am-12pm
Who for Adults with a range of disabilities
Cost Contact for details
Tel 0141 847 4999
Email fipss.sw@renfrewshire.gov.uk

CITY OF GLASGOW

Glasgow Life Boccia

Where Tollcross Park Leisure Centre
When Tuesday **Time** 1-2.30pm
Who for Adults with a range of disabilities
Cost FREE
Contact Stephen White
Tel 0141 287 5682
Email stephenp.white@glasgowlife.org.uk

Target Sports



SOUTH LANARKSHIRE

Wheelchair Bowls

Where Red Deer Bowling Club,
East Kilbride

When Tuesday **Time** 1-3pm

Who for 16 yrs + wheelchair users

Cost Contact for details

Contact Scott Dunbar

Tel 01698 476197

Email scott.dunbar@south
lanarkshireleisure.co.uk

CITY OF GLASGOW

Castlemilk Disability Bowling Club

Where Castlemilk Bowling Club

When Tuesday **Time** 4-6pm

Who for Adults learning disability

Cost Contact for details

Contact Liz Boyd

Tel 07747 167810

Email lizboyd159@btinternet.com

DUMFRIES & GALLOWAY

Wheelchair Curling

Where Lockerbie Ice Rink

When Tuesday **Time** 5.30-7.30pm

Who for 14 yrs + wheelchair users

Cost Contact for details

Contact Sandra Proudfoot

Tel 01461 207045

Email Sandra.Proudfoot@dumgal.gov.uk

NORTH AYRSHIRE

Carpet Bowls

Where Volunteer Rooms, Irvine

When Wednesday (every 2nd wk)

Time 7pm

Who for 16 yrs + any disability

Cost Contact for details

Contact Jim Crombie

Tel 07880 524213

SOUTH LANARKSHIRE

New Age Curling

Where Burnhill Sports Centre

When Wednesday **Time** 7.30-9.30pm

Who for Any age any disability

Cost Contact for details

Tel 0141 6430327

SOUTH LANARKSHIRE

Bowls

Where Harelees Sports Barn, Larkhall

When Thursday **Time** 1-3pm

Who for 16 yrs + learning disability

Cost Contact for details

Contact Scott Dunbar

Tel 01698 476197

Email scott.dunbar@south
lanarkshireleisure.co.uk

RENFREWSHIRE

Renfrewshire Leisure Sporting Chances Boccia

Where Erskine Sports Centre
When Friday **Time** 10am-12pm
Who for Adults with a range of disabilities
Cost Contact for details
Tel 0141 847 4999
Email fipss.sw@renfrewshire.gov.uk

RENFREWSHIRE

Greenacres Wheelchair Curling Club – Curling

Where Greenacres Curling Rink, Howwood
When Contact for details
Who for Contact for details
Cost Contact for details
Contact Sheila Swan
Email disability@royalcaledoniancurlingclub.org

RENFREWSHIRE

Braehead Wheelchair Curling Club

Where Braehead Ice Rink, Braehead Shopping Centre
When Sunday Sept - April **Time** 2.20-4pm
Who for Any age any disability
Cost £7.50 (first session free)
Contact Aileen Neilson
Tel 01357 523016
Email hneilson159@aol.com
Website www.braeheadwheelchaircurlingclub.co.uk

AYRSHIRE SPORTSABILITY

Wheelchair Curling

Where Galleon Leisure Centre
When Contact for details
Time Contact for details
Who for Wheelchair users
Cost Contact for details
Contact Dianne Campbell
Tel 01292 513637
Email Dianne.Campbell@aapct.scot.nhs.uk



Team Sports



CITY OF GLASGOW

Special Olympics – Netball

Where Firhill Sports Complex
When Tuesday **Time** 5-7pm
Who for Adults with a learning disability
Cost Contact for details
Contact Mary Martin
Tel 0141 287 5294
Email mary.martin2@glasgow.gov.uk

CITY OF GLASGOW

Glasgow Metropolitan Sitting Volleyball

Where Holyrood Sports Centre
When Tuesday **Time** 7-8pm
Who for Any age any disability
Cost FREE
Tel 0141 287 5630
Email volleyball@csglasgow.org
Email stephenp.white@glasgowlife.org.uk

WEST OF SCOTLAND

West of Scotland Wheelchair Basketball Club

Where Playdrome, Clydebank
When Tuesday **Time** 7-9pm
Who for Adult wheelchair users
Cost Contact for details
Contact Ryan MacDonald
Tel 07837 695035
Email ryanmacdonald_6@hotmail.com

CITY OF GLASGOW

Glasgow Eagles Basketball Club

Where Donald Dewar Sports Centre and Kelvin Hall Sports Centre
When Thursday (Kelvin Hall) **Time** 5-6pm
 Saturday (Donald Dewar) 10am-1pm
Who for 12 yrs + any disability
Cost Contact for details
Contact Alex Watt
Tel 0141 339 1196 / 07801 559175
Email thomsongail61@yahoo.com

CITY OF GLASGOW

West of Scotland Wheelchair Basketball Club – Juniors

Where Cleveden High School, Glasgow
When Friday **Time** 6-8pm
Who for 10 yrs + wheelchair users
Cost Contact for details
Contact Ryan MacDonald
Tel 07837 695035
Email ryanmacdonald_6@hotmail.com



Other Sports and Activities

RENFREWSHIRE

Right to Dance – Dance 4 All

Where West Primary School,
Newton Street, Paisley

When Monday **Time** 6.30-7.30pm

Who for 17-24 yrs any disability

Cost Contact for details

Tel 0141 849 1292

CITY OF GLASGOW

Milton Special Needs Judo

Where Milton Community Education
Centre

When Monday **Time** 7-8pm

Who for Any age learning disability

Cost Contact for details

Contact Brian Long

Tel 07974 377353

Email brian@projudo.co.uk

CITY OF GLASGOW

Special Olympics Cycling

Where Bellahouston Cycling Academy
(April to October)

When Wednesday **Time** 5-7pm

Who for 14 yrs + with a learning disability

Cost Contact for details

Contact Tom O'Hara

Tel 0141 287 9207

CITY OF GLASGOW

Glasgow Eagles Powerlifting

Where Palace of Arts, Bellahouston Park

When Wednesday and Friday

Time 6-7pm

Who for Any age any disability

Cost Contact for details

Contact Alex Watt

Tel 0141 339 1196 / 07801 559175

Email thomsongail61@yahoo.com

NORTH AYRSHIRE

Ten Pin Bowling

Where Basebowl, Saltcoats

When Friday **Time** 11am

Who for 16 yrs + any disability

Cost Contact for details

Contact Stephen Browning

Tel 01294 317457

Email sbrowning@kaleisure.com

CITY OF GLASGOW

Disability Snowsports UK Glasgow

Where Bellahouston Ski Centre and
Bearsden Ski Centre

When April to June – Bellahouston
Sept to December – Bearsden
Every 2nd Friday **Time** 7-9pm

Who for Any age any disability

Cost Contact for details

Tel 07530 056952

Email dsukglasgow@yahoo.co.uk

Other Sports and Activities

EAST DUNBARTONSHIRE

East Dunbartonshire Sports Development Trampolining Classes

Where Kirkintilloch Leisure Centre
When Wednesday **Time** 5-5.45pm
Who for Children all ages any disability
Cost Contact for details
Contact Sports Development
Tel 0141 578 8441

EAST DUNBARTONSHIRE

East Dunbartonshire Sports Development Gymnastics Classes

Where Leisuredrome Bishopbriggs
When Saturday **Time** 9.15-10am
Who for Children all ages any disability
Cost Contact for details
Contact Sports Development
Tel 0141 578 8441

WEST DUNBARTONSHIRE

SJC ALBA Judo

Where St Peter the Apostle High School, Clydebank
When Saturday **Time** 11am-12pm
Who for Any age all disabilities
Cost Contact for details
Contact Stephen Sommerville
Tel 07967 565967
Email stephen@judoaddict.com

CITY OF GLASGOW

ProJudo

Where Palace of Arts, Bellahouston Park
When Saturday **Time** 11.45-12.30pm
Who for 5 yrs + any disability
Cost £20 a month
Contact Brian Long
Tel 07974 377353
Email brian@projudo.co.uk

CITY OF GLASGOW

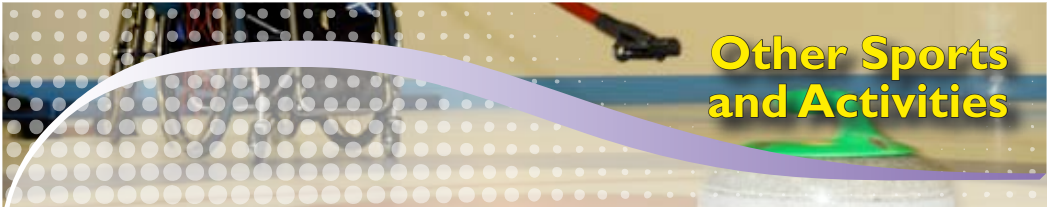
Special Olympics Golf

Where Various
When Various **Time** Various
Who for 14 yrs + learning disability
Cost Contact for details
Contact Gordon McCormack
Tel 0141 287 5294
Email gordon.mccormack@pas.glasgow.gov.uk

CITY OF GLASGOW

Clyde Cruising Club Dinghy Section – Sailing

Where Various
When Various **Time** Various
Who for Any age any disability
Cost Contact for details
Contact John / Derek
Tel 0141 942 6759



Other Sports and Activities

CITY OF GLASGOW

City of Glasgow Gymnastics

Where Bellahouston

When Various **Time** Various

Who for Any age any disability

Cost Contact for details

Contact John Blair

Tel 0141 287 5948

WEST OF SCOTLAND

Able2Sail – Inclusive Sailing

Where Inverkip Marina, Inverclyde

When Various **Time** Various

Who for Any age any disability

Tel 07737 028437

Email contactus@able2sail.org.uk

Website www.able2sail.org.uk

CITY OF GLASGOW

Special Olympics Equestrian

Where Sandyflat Centre

When Various **Time** Various

Who for 14 yrs + learning disability

Cost Contact for details

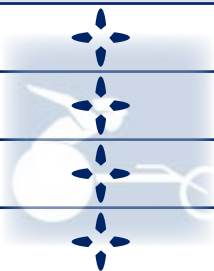
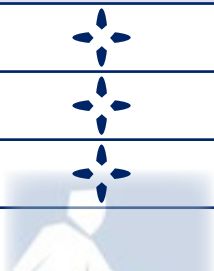
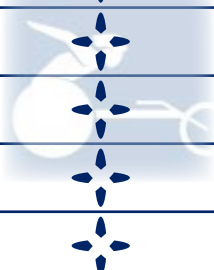
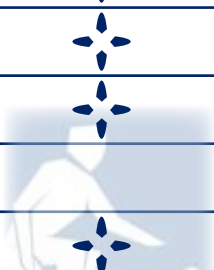
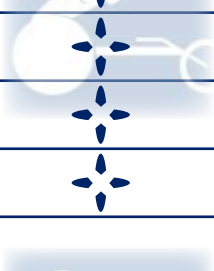
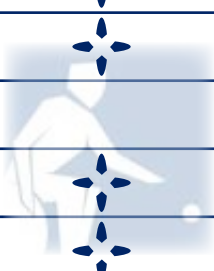
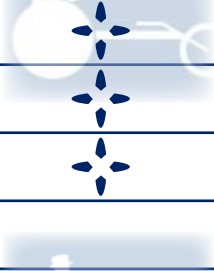
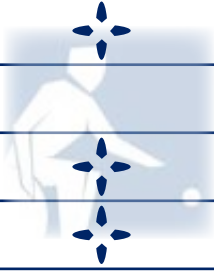
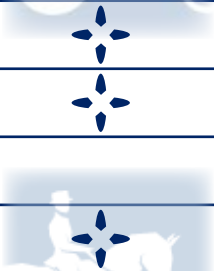
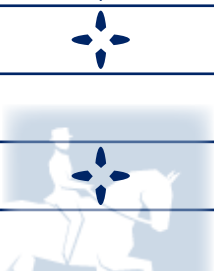
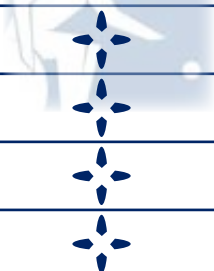
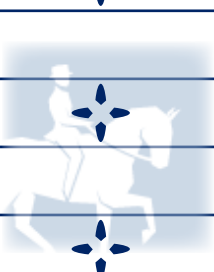
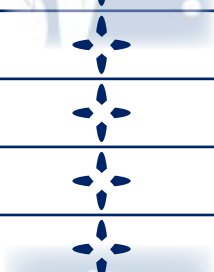
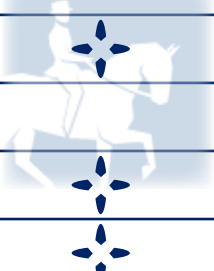
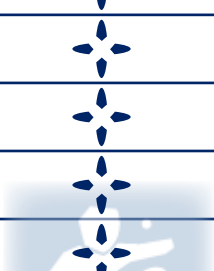
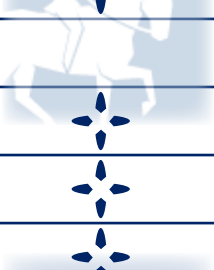
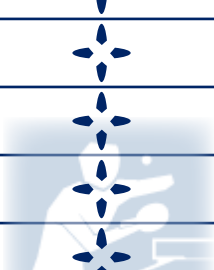
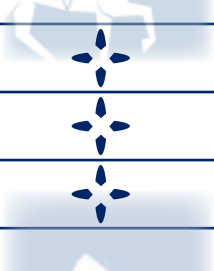
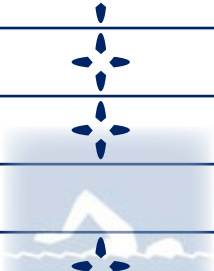
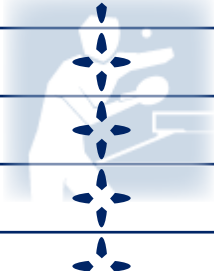
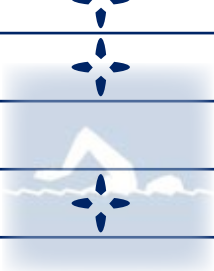
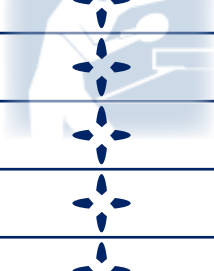
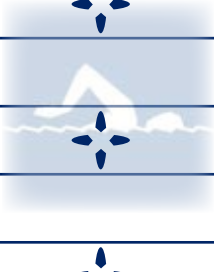
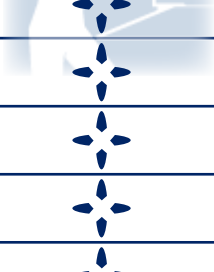
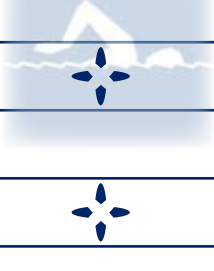
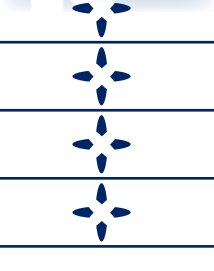
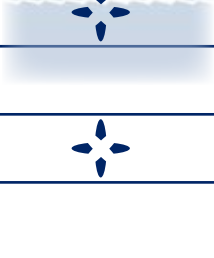
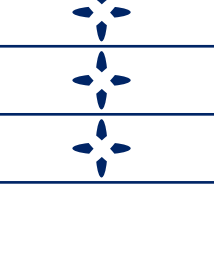
Contact Nancy Peters

Tel 01360 770922



European
World
Paralympic
Commonwealth

FIND YOU

Sport	Ambulant Physical Disability	Wheelchair user with Physical Disability
Athletics		
Boccia		
Bowls		
Football		
Swimming		
Wheelchair Curling		
Archery		
Basketball		
Equestrian		
Golf		
Table Tennis		
Wheelchair Rugby		
Badminton		
Tennis		
Sitting Volleyball		

R SPORT



Blind or Visual Impairment	Deaf or Hearing Impairment	Learning Disability
		 
	 	 
		
		
		
		
	 	
		
		
		



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