Wirral Disability Sports Club Directory 2009

Table Tennis

Club Name: Table Tennis on the Wirral. Contact Name: Les Jones (Coordinator).
Contact details – Tel: 0151 638 8868.
Venue: New Ferry Village Hall.
Activities and Sports Delivered: Table Tennis.

Trampolining

Club Name: Bounce Back Trampolining. Contact Name: Liz Carew
Contact details – Tel: 0151 513 7538/ 07985638696
Venue: Grange Road West Sports Centre. Dates/ times: Wednesday 5pm – 6pm
Activities and Sports Delivered: Trampolining
Access: A trampolining club for children with dyspraxia & Aspergers
Cost: £2 per session Term time only

Club Name: Jumping Jacks Trampolining Club Contact Name: Sue Edwards
Contact details – Tel: 0151 653 1303
Venue: Grange Road West Sports Centre. Dates/ times: Saturday – 2pm – 5pm
Activities and Sports Delivered: Trampolining (3 hourly sessions)
Access: The club is for juniors from 5 years plus

Club Name: Wirral High Fliers. Contact Name: Jessica Smyth (Coordinator).
Contact details – Tel: 0151 638 3695.
Venue: Grange Road West Sports Centre. Dates/ times: Wednesday 4pm -5pm
Activities and Sports Delivered: Trampolining
Access: Open to children ages 7+
**Tennis**

Club Name: Wirral Disability Tennis  
Contact Name: Chris Thelwall - Tennis Development Officer  
Contact details – Tel: 0151 670 0397  
Venue: Wirral Tennis and Sports Centre.  
Dates/ times: Call for details  
Valley Rd, Bidston  
Activities and Sports Delivered: Tennis.

**Angling**

Club Name: Association of Wirral Angling  
Contact Name: Joe Waterhouse Vice Chair  
Contact details – Tel: 0151 650 0561  
Venue: Various venues throughout Wirral  
Dates/ times: All year access  
Activities and Sports Delivered: Angling.  
Birkenhead Park recently refurbished with disabled access to fishing pegs.  
Costs: Free License for wheelchair users.  
Disability AWAC License – £5.00
**Athletics**

Club Name: Wirral Athletic Club

Contact Name: Mike Carter (Coordinator).

Contact details – Tel: 608 6113. Email: carter.mike@ntlworld.com

Venue: The Oval Sports Centre, Dates/ times: Mon – 7pm – 8pm (Ambulant athletics – Track)

Old Chester Road, Mon – 8pm – 9pm (Wheelchair – Track&Field)

Bebington, Thurs - 6pm – 7pm (Sports hall during winter)

Wirral

Activities and Sports Delivered: Athletics Track & Field

Access: The ability squad is open to all disabled children of any age and offers fun fitness sessions based on Track, Field, and Sports Hall Athletics. Coaching for all levels of ability is catered for from novices to UK Athletics/AAA and Paralympics standard. New members please contact Mike Carter in advance to confirm availability.

**Horse Riding**

Club Name: Foxes Riding School  Contact Name: Karen (Reception)

Contact details – Tel: 0151 339 6797.

Venue: Badgers Rake Lane  Dates/ times: Daily Lessons

Activities and Sports Delivered: Horse Riding
Multi-Sports Clubs

Club Name: Active All Sports Holiday Programme
Contact Name: Stacey Manion
Contact details – Tel: 0151 666 4842 Email: staceymanion@wirral.gov.uk
Venue: Wirral Leisure Centres. Dates/ times: School Holidays 10am – 4pm
Activities and Sports Delivered: Multi Sports
Access: This is a programme of sports and fun activities taking place during all school holidays. A wide range of sports and activities are available including swimming, football, multi-sports, athletics, arts, music, park and library activities.

Club Name: Bebington Boccia and Multi-Sports Club
Contact Name: Sue Sutton
Contact details – Tel: 0151 645 4154
Venue: Bebington High School, Dates/ times: Wednesday, 3pm – 5.30pm.
Higher Bebington Road, Wirral (term time)
Activities and Sports Delivered: Boccia and Multi-Sports
Access: The club is for young people with disabilities aged from 6 years plus

Club Name: Bebington High Multi Sports Club
Contact Name: Craig Nall
Contact details – Tel: 0151 645 4154/ craignall08@yahoo.co.uk
Venue: Bebington High School, Dates/ times: Saturday mornings (Term time) 9.30am – 11am
Higher Bebington Road, Wirral
Access: Multi sports Club for juniors aged 8 – 18yrs Cost: £2.50 per session
Activities: Multi Sports
**Football**

Club Name: Tranmere Rovers FC Football in the Community

Contact Name: Steve Williams

Contact details – Tel: 0151 608 2345

Venue: Across Wirral Leisure Centres

Dates/ times: School Holidays 10am – 4pm

Activities and Sports Delivered: Football  Cost: £2.50 per session

Access: All males & Females are welcome regardless of ability or disability.

Lots of skill practices and small sided games.

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Club Name: TRFC – Junior Session (16 yrs and under)  Contact Name: Steve Williams

Contact details – Tel: 0151 608 2345

Venue: Hayfield School,  Dates/ times: Monday – 5pm – 6pm.

Moreton, Wirral.

Activities and Sports Delivered: Football  Cost: £2 per session

Access: All males & Females are welcome regardless of ability or disability.

Lots of skill practices and small-sided games

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Club Name: TRFC – Junior Session (6yrs - 16 yrs) Contact Name: Steve Williams

Contact details – Tel: 0151 608 2345

Venue: Woodchurch Sports Complex

Dates/ times: Thursday 5pm – 6pm (term time)

Carr Bridge Road, Woodchurch, Wirral

Activities and Sports Delivered: Football  Cost: £2 per session Access: All males & Females are welcome regardless of ability or disability. Lots of skill practice and small sided games
Club Name: TRFC – Adult Session (16 yrs upwards) Contact Name: Steve Williams
Contact details – Tel: 0151 608 2345
Venue: Shaftsbury Youth Club, Dates/ times: Fridays 1.30pm – 2.30pm
Mendip Road, Prenton, Wirral
Activities and Sports Delivered: Football Cost: £2 per session
Access: All males & Females are welcome regardless of ability or disability. Lots of skill practices and small sided games.

**Orienteering**

Club Name: Deeside Orienteering Club Contact Name: Barbara Jones
Contact details – Tel: 01928 788 916 Website: www.deeside-orienteering-club.org.uk
Venue: Venues across Cheshire and Wirral Dates/ times: Season: September – July
Activities and Sports Delivered: Orienteering
Access: All ages welcome, some courses and routes have wheelchair access

**Swimming**

Club Name: Birkenhead Swimming Club Contact Name: Nic Winters
Contact details – Tel: 0151 645 3698
Venue: Byrne Avenue Recreation Centre, Dates/ times: Tuesday & Thursday – 6.45pm
Byrne Ave, Rock Ferry, Wirral.
Activities and Sports Delivered: Swimming
Access: Coaching and competitive swimming club welcomes individuals with disabilities Pool Hoist available.
Club Name: Europa Pools Disabled Keep Fit  Contact Name: Contact Centre Reception
Contact details – Tel: 0151 666 5555
Venue: Europa Pools,  Dates/ times:  Wednesday 1:30pm – 3:30pm
Conway Street, Birkenhead, Wirral  Cost: £1.90
Activities and Sports Delivered: Water based fitness sessions.
Access: Pool hoist available

Club Name: Leasowe Swimming Club for the Disabled
Contact Name: Mrs Jean Strachan
Contact details – Tel: 0151 645 9804
Venue: Leasowe Recreation Centre,  Dates/ times:  Saturday – 2.30pm – 3.30pm
Twickenham Drive, Leasowe, Wirral  Cost  £1.50
Activities and Sports Delivered: Swimming
Access:  The club offers a recreational swimming session for individuals with a disability . All ages welcome.

Club Name: MACS Family Swim Session  Contact Name: Margaret Gregson
Contact details – Tel: 0151 644 4549
Venue: Europa Pools,  Dates/ times:  2nd & 4th Sunday of every month
Conway Street, Birkenhead, Wirral  6.30pm – 7.30pm
Activities and Sports Delivered: Swimming
Access:  For families of children with Autistic Spectrum Disorder, café open for snacks
Club Name: Rotary Club Swimming  Contact Name: Hugh Smith
Contact details – Tel: 0151 645 8233
Venue: Byrne Avenue Recreation Centre, Dates/ times: Sundays (Apr – Oct) 10am -11am.
Byrne Ave, Rock Ferry, Wirral
Activities and Sports Delivered: Swimming
Access: Pool Hoist available.

Club Name: Wallasey & District Disabled Persons Swimming Club
Contact Name: Margaret Parry
Contact details – Tel: 0151 638 7193  Dates/ times: Sundays (Apr – Oct) 9.45am – 10.45am
Venue: Guinea Gap Baths,
Riverview Rd, Wallasey, Wirral
Activities and Sports Delivered: Swimming

Club Name: Wirral Aquarius Swimming Club
Contact Name: Mike Holdbrook
Contact details – Tel: 0151 606 9519  Dates/ times: Saturday 5pm - 7pm
Venue: Leasowe Recreation Centre, Sunday - 4pm – 6pm
Twickenham Drive, Leasowe, Wirral  Thurs 8pm – 9pm
Activities and Sports Delivered: Swimming  Cost: £20 per month
Access: 
Coaching and competitive swimming club welcomes individuals with disabilities.
The club has several disabled swimmers as members, one of whom is a National Junior Champion. Pool Hoist available
Club Name: Wirral Swimming Lessons for Young People with Disabilities.

Venue: West Kirby and Leasowe Recreation Centre please call centres direct

Activities and Sports Delivered: Swimming

Access: Beginners, preliminary, improvers and advanced classes available. Children must be aged of 4 years old. Parents must be willing to accompany children. Swim awards are available.

Club Name: Wirral Swimming Bridging Session

Contact Name: Kathy Hoolahan – 0151 648 3177 or Keith Arnold – 0151 342 5648

Dates/ times: Sunday – 9am – 10am (term time only)

Venue: Byrne Avenue Baths,

Byrne Ave, Rock Ferry, Wirral

Activities and Sports Delivered: Swimming

Access: The sessions help those children that wish to join mainstream swimming clubs, gain the skills necessary to do so.

Club Name: West Kirby Disabled Swimming Club

Contact Name: Mrs Randles 0151 678 4161  Dates/ Times: Fridays 12pm – 1pm

Venue: West Kirby Concourse Leisure Centre

Activities: Swimming

Access:

The club offers a recreational swimming session for adults (18yrs+) with a disability. The facility has 2 pool hoists and has a mobile hoist and shower chairs for changing
Club Name: Adult Swimming Sessions

Dates/ Times: Thursday 11am – 12pm

Venue: The Oval Leisure Centre – 0151 645 0596

Activities: Swimming

Access:

The session offers a recreational swimming session for adults (18yrs+) with a disability. The facility has a pool hoist and has a mobile hoist and shower chairs for changing

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Club Name: Adult Swimming Sessions

Dates/ Times: Tuesday 11am – 12pm

Venue: Leasowe Leisure Centre – 0151 677 0916

Activities: Swimming

Access:

The session offers a recreational swimming session for adults (18yrs+) with a disability. The facility has a pool hoist and has a mobile hoist and shower chairs for changing

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Club Name: Disability Family Swimming Sessions

Dates/ Times: Saturdays 3pm – 4pm

Venue: The Oval Leisure Centre – 0151 645 0596

Activities: Swimming

Access: The session offers a recreational swimming session for families.
Water Sports

Club Name: Peninsula Paddlers Club  Contact Name: Roger Cook

Contact details – Tel: 0151 648 5515

Venue: Calday Grange Pool,
Gourleys Lane, West Kirby, Wirral  Dates/ times: Wednesday 8.30pm – 9.30pm,
Activities and Sports Delivered: Canoeing  (Prior Booking required)

Club Name: Wirral Disabled Marine Association  Contact Name: Donald Corper

Contact details – Tel: 0151 632 2396

Venue: West Kirby Marine Lake,
South Parade, West Kirby, Wirral.  Dates/ times: Apr – Oct: Tuesday – 7pm – 9pm
Activities and Sports Delivered: Sailing  Sunday – 12pm – 4pm
Access: Taster sessions available for newcomers.

Club Name: Wirral Disabled Martial Arts Clubs  Contact Name: Mike Smith

Contact details – Tel: 0787273820  Email: m.smith8483@ntlworld.com

Venue: Birkenhead Karate Academy
The Water Tower
Claughton

Dates/ times: Mondays 5pm – 5.45pm
Access: The club welcomes children and young people from ages 6 yrs – 18yrs
Dance

Club Name: Hot wheels Dance Club  Contact Name: Linda Coleman
Contact details – Tel: 0151 488 5521 (after 4.30pm Mon – Fri)
Venue: Meadowside School
Dates/ times: Thursday 3.30pm - 5pm
Activities and Sports Delivered: Dance  Cost £1 per child

Club Name: Wheels for All  Contact Name: Ian Lancaster – 01925 234 213
Contact details – Tel: 0151 652 5197
Venue: Birkenhead Park Pavilion
Dates/ times: Seasonal March - Sept
Activities and Sports Delivered: Adapted Cycling for all

Holiday Camp
Active All Sports Holiday Programme
Activities for children and young people aged 5 yrs – 25yrs
Access during all school holidays 10am – 4pm wide range of activities offered
Contact: Stacey Manion- 0151 666 4842 staceymanion@wirral.gov.uk

Junior Gyms
I Zone
New interactive junior gym coming soon, activities include dance mats, sports wall, Makoto (light reaction game) Trixter Bikes, and easyline gym equipment. Fun Adapted gym activities to improve physical fitness for all abilities, ages 6yrs +. Parties available
Contact: Stacey Manion for disability sessions – 0151 666 4842