

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.

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

Contact details – Tel: 0151 608 2345

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

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

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,
Mendip Road, Prenton, Wirral **Dates/ times:** Fridays 1.30pm – 2.30pm

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-orienteeing-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

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

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

Cloughton

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

Wirral Passport Scheme

Category A – Cost £3

Category B – Cost £5

Category C – Cost £7

Wirral Leisure Centres

Oval – 0151 645 0596