

SPORTS



Sports such as climbing, cycling and skiing are becoming increasingly accessible for those with special needs and are great ways to stay in shape. There are also

Horse riding can also be therapeutic and is thought to improve self-confidence, communication, balance and awareness. It teaches children how to care for and respect animals.

Extreme sports such as paintballing, go-karting and high ropes courses can be very exciting but generally require a good level of physical ability and understanding of safety procedures in order to actively take part. However, most centres openly welcome spectators free of charge.

See also the activity centre's for other sporting clubs and opportunities and the Hampshire and Isle of Wight Disability Sport Guide:

 <http://documents.hants.gov.uk/ccbs/Sport/SHIOWDisabilitySportsGuide2013.pdf>

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|---|-------------------------------------|
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1. Hampshire Hornets Wheelchair Basketball Club

- ⇒ Wheelchair basketball training for physically disabled children and youths aged 7 to 17 years old
- ⇒ All abilities are welcomed and catered for, and sports wheelchairs are provided



Crestwood Leisure Centre, Crestwood College,
Shakespeare Road, Eastleigh, SO50 4FZ



07798 852 784 (Nass Dadkah) or 07767 436 340 (Toni Dare)



hornets@live.co.uk



www.hampshirehornets.co.uk



Sundays 10am-12pm

Free taster session then
£9 per month



2. Autism Climbing Therapy

- ⇒ An indoor rock climbing program designed especially for children with additional needs e.g. Behaviour problems, ADHD, dyslexia, dyspraxia, Asperger's and children on the Autistic Spectrum
- ⇒ Children get one on one attention and encouragement, so they can climb at their own pace and for their ability
- ⇒ They aim to increase self-esteem, develop trust, build relationships, increase muscle tone and motor skills etc



Hi ROCK, The Hayling College, Church Road, Hayling Island, PO11 0NU
Calshot Spit, Fawley, Southampton, SO45 1BR



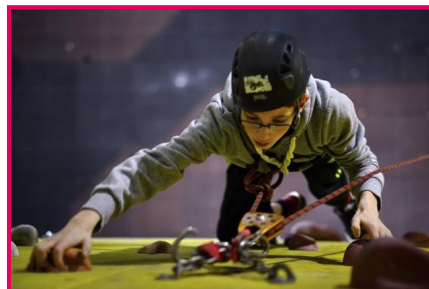
07921 779 154



nicky@aact-climbing.com



www.aact-climbing.com



£12.50 per child for
45 minute session
1:1 session £25



Centres have wheelchair access
but a certain level of ability is
needed to climb

3. Cycles4all

⇒ **Trikes** - Three wheeled trikes are great for many people whose balance or confidence may make it difficult to ride a two-wheeler

⇒ **Tandems** - Two wheeled bikes with one cyclist sitting behind another. The rider at the rear handles the steering, but both pedal. Cycling on the back of a tandem is a great option for cyclists with blindness or other sensory impairments

⇒ **Hand-Powered Trikes** - A way of cycling using the power of your arms. A little like the back end of a wheelchair joined to a fully geared mechanism transferring effort for the rider's arms to a front wheel

⇒ **Wheelchair Bike Combo** - The back end of a bike is attached to a kind of wheelchair, enabling even the least active of participants to experience cycling

⇒ **Wheelchair Ramp Cycle** - The back end of a bike is attached to a ramp suitable for manual wheelchairs to wheel onto, enabling even the least active of participants to experience cycling

⇒ **Side-by-Side Tandems** - With three or even four wheels. Two riders sit in supportive seats and pedal with their legs in front of them. One rider has steering control. These vehicles are great fun for anyone whose balance, skill or confidence levels mean they will be happier riding beside a friend or carer


⇒ **Conventional 2-Wheeler Bikes** are also available so those who are able can ride regular mountain bikes




Sessions run:
Mondays, Wednesdays,
Fridays & Saturdays
10am-12pm
Check website as they
are weather dependent


£3 per person



 1 Kingfisher Road, Eastleigh,
Hampshire, SO50 9LH


 02380 612 710


 info@paviliononthepark.org

 www.paviliononthepark.org or www.facebook.com/cycles4alleastleigh


4. New Forest Cycling Project

- ⇒ New Forest Inclusive cycling is a project run by The New Forest National Park and looked after by Cyclexperience in Brockenhurst where they are hired privately -enabling young people with disabilities to experience cycling in the New Forest
- ⇒ They have a range of specially adapted cycles to hire
- ⇒ They also run 10 free sessions per year (contact 01590 646683)
- ⇒ Group hires can be arranged at special prices and bikes delivered to a location of choice dependent on the area of the new forest

 Brookley Road, Brockenhurst, SO43 7TW

 01590 624 808

 ross@cyclex.co.uk

 www.newforestnpa.gov.uk/visiting/cycling/inclusive-cycling or www.newforest.co.uk



Opening Times
Everyday 9am-5.30pm

Some free sessions
All ability bikes cost
£15-£29 to hire per day





Bikes are accessible, car parks around the New Forest




5. Applemore Multi Sports Club

- ⇒ The aim of the Multi-sports club is to facilitate the inclusion of young people aged 11 to 20 from the local community, targeting those with learning, physical or sensory difficulties, in a variety of sporting activities

 Claypits Lane, Dibden, SO45 5TN

 02380 423 358

 sonia.robins@nfdc.gov.uk

 <http://www.newforest.gov.uk/healthandleisure/index.cfm?articleid=13278>

Wednesdays 4pm-5pm
Term time only

£2 per session



6. Eastleigh Multi Sports Club


- ⇒ Aimed at those aged between 16 and 30 year old with learning and/ or physical difficulties
- ⇒ They run football, gym sessions, aquafit, dance, multi sports sessions and holiday activities
- ⇒ *Gym:* Saturdays 5pm-6pm Wildern Leisure Centre, £3
- ⇒ *Football:* Sept-July Fridays 6pm-7pm Crestwood Community Centre, £3
- ⇒ *Aquafit:* Sundays 5pm-6pm Wildern Leisure Centre, £3
- ⇒ *Multi Sport Activities:* term time Thursdays 6pm-7pm Wildern School, Sundays 10am-11am & Saturdays 11am-12pm Thorndon School
- ⇒ *Dance:* term time Mondays 5.30pm-6.30pm St Martins Centre, Queens Road


Roughly £3 an hour, pay per activity

Family membership £10 p/a

£



 Several locations, see website for details

 01489 587 150

 sally.eshraghi@hotmail.co.uk

 www.multisportsclub.org.uk



7. Solent Sportsability Club


- ⇒ A club run by parents aimed at those aged between 5 and 16 years old which provides opportunities for children to participate in physical activities, be part of a team and have fun
- ⇒ Activities include: basketball, football, rounders, outdoor activities, horse riding, bowling and any other suggestions
- ⇒ Events are every 2 weeks roughly 10am-2pm Saturdays usually
- ⇒ Contact to be put on the mailing list and kept up to date with events


First session free then £4 per family, siblings welcome


Outdoor activity prices vary

£



 Various Locations

 07831222 012 (Brett Cooper) or 07833 761 581 (Lucinda Cockram)

 enquiries@sportsability.co.uk

 www.solentsportsability.co.uk





8. Sway Fencing Club

- ⇒ Fencing provides good physical exercise, employing practically every muscle and totally absorbing the mind
- ⇒ Sway Fencing club have many years' experience working with those with disabilities, and are very welcoming
- ⇒ The only restrictions are that children must be attentive, have good reaction times, be able to listen and understand instructions, and be respectful
- ⇒ They have coached wheelchair fencers in the past, and can cater for wheelchair users, in both lessons and competitions.
- ⇒ The club is very sociable, providing a chance to make friends as well as compete and have fun
- ⇒ 6 week beginners courses run at various times throughout the year, and all equipment and kit is provided

Free taster sessions run
£15 for a 6 week
beginners course
(Adults and Juniors)



 Brockenhurst College, Lyndhurst Road,
Brockenhurst, SO42 7ZE

 01590 683 837

 info@swayfencing.co.uk

 <http://www.swayfencingclub.wordpress.com/>



9. Gym Tots


- ⇒ Suitable for children of all abilities under the age of 5
- ⇒ Classes are designed to provide a safe fun environment for children to explore their fundamental movement skills: climbing, balancing, rolling, jumping and using soft play apparatus
- ⇒ Children learn basic gymnastics skills, action rhymes and songs
- ⇒ Classes also take place at Hedge End Youth&Community centre, West End Parish Centre, Horton Heath Community Centre and Hamble Community Sports College



Contact for price and
location details



 Hamble Community Sports College, Satchell Lane,
Hamble-le-Rice, Hampshire, SO31 4NE

 02380 455 007

 admin@dynogym.co.uk

 www.dynogym.co.uk/category.asp?p=GymTots



10. Just Jump Trampolining

- ⇒ Opportunities for people with disabilities to enjoy trampolining
- ⇒ Movement and rebound therapy for those with limited physical movement, balance and motor coordination difficulties and anyone with muscular impairment. It has been found to help with communication and interaction, improve motor skills and is an enjoyable form of exercise
- ⇒ Several Children's Clubs and after school clubs , see website for times and locations

 Chamberlayne Leisure Centre, Weston,
Southampton, SO19 9SJ
 07712 307 459
 enquiries@justjump.org.uk
 www.justjump.org.uk



Contact for price details



11. Southampton Gymnastics Club

- ⇒ *Tumble Tots, Tumble Bobs and Gym Bobs*: for children of all abilities aged 18 months to 5 years. Sessions include action songs, co-ordination activities and time spent on apparatus where children learn to bounce, balance, roll and carry out basic gymnastics skills under the guidance of parents and qualified coaches in a safe and fun environment
- ⇒ *Tumble Tots* is for 18 months to 3 years old, *Tumble Bobs* is the next step up, for those aged 3 and 4, then *Gym Bobs* for children aged 4 and 5
- ⇒ *Family Fun sessions*: unstructured play sessions for children up to 5 years old and their parents/carers. These run Monday 11.10am-12.10pm and Friday 11.10am-12.10pm
- ⇒ *Disabilities Gymnastics*: a branch of the Club for participants with disabilities or special needs including physical, behavioural & learning difficulties
- ⇒ *Junior session*: (5-10 years) Redbridge School, Tuesdays 4pm-5pm
- ⇒ *Senior session*: for 10 years and over, Tuesdays 5pm-6pm
- ⇒ Contact for more details, session costs and locations vary

 Redbridge School, Cuckmere Lane, Southampton, SO16 9RJ
Bitterne Leisure Centre, Dean Road, Southampton, SO18 6QA
 02380 529 952
 sotongym@hotmail.co.uk
 www.sotongym.co.uk

Tumble Tots

Mondays 10.20am-11am
Wednesdays 9.30am-10.10am
Saturdays 9am-9.40am
Bitterne Leisure Centre

Tumble Bobs

Mondays 9.30am-10.10am
Mondays 4pm-4.40pm
Wednesdays 11am-11.40am
Wednesdays 2pm-2.40pm Fridays
9.30am-10.10am
Saturdays 9.45am-10.25am


Gym Bobs

Mondays 5-6pm
Tuesdays 4pm-5pm
Wednesdays 4pm-5pm
Thursdays 4pm-5pm
Fridays 4pm-5pm
Saturdays 10am-11am
Bitterne Leisure Centre




12. Solent Ski Club

- ⇒ The club gives people with any disability the opportunity to try skiing
- ⇒ High quality teaching and guidance to provide enjoyment and independence to skiers with disabilities
- ⇒ Friends and family can join in
- ⇒ Price includes hire of skis and equipment (wear long sleeves, gloves and comfortable trousers).
- ⇒ Lots to try including Ringos (inflatable rubber rings which you sit in to slide down the slope)
- ⇒ Contact beforehand for relevant paperwork that needs completing, and to let them know you are going so they can ensure enough staff

 Alpine Sports Centre, Thornhill Road, Bassett, Southampton, SO16 7AY

 info@solentskiclub.org.uk

 www.solentskiclub.webs.com




2nd Saturday of every month from 12pm-2pm


Taster session £3
2 hour session £6




13. Castle Mini Golf

- ⇒ 18 Hole Crazy Golf, 18 Hole Putting Greens, 9 Hole Par 3 Pitch & Putt
- ⇒ Soft Drinks, Ice Creams, Tea & Coffee, Snacks available
- ⇒ The attraction is ideal for families with young children and the centre contains a variety of facilities that include a picnic area, a snack shack and public toilets

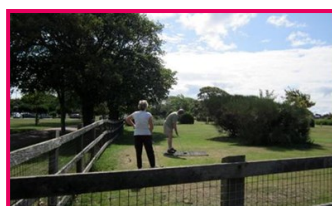
 Southsea Common, Portsmouth, Hampshire, PO5 3PB

 07964 985 747

 www.visitportsmouth.co.uk/things-to-do/castle-mini-golf-p842361



- ⇒ Special short putters available to hire for wheelchair users
- ⇒ Tennis pavilion couple hundred yards away has disabled toilets



Opening Times

April-August
Everyday (except Thursday)
11am-7pm

Contact for details, weather dependent

Prices

Crazy Golf/ Pitch & Putt/ Putting

Adult: £2.70/ £3.30/ £2.60

Child: £2.50/ £3/ £2.40

Senior: £2.40/ £3.40/ £2.40

Children must be under 14, for pitch & putt they must be 10-14

14. Ambush Paintball & Laser Tag

- ⇒ *Ambush Paintball*: minimum age 11 years
 - ◇ 2014 plans to bring in low impact paintballs reducing minimum age to 8 years
 - ◇ Training and assistance from staff, all equipment provided, drinks and snacks available and photos & prizes at the end of the day
 - ◇ Several different games on varying terrain -fast paced and dirty! Great fun, but tiring and can be painful
- ⇒ *Ambush Laser Tag*: minimum age 8 years
 - ◇ Played in woodlands with games and scenarios similar to paintball, but no protective goggles or clothing is required, as there is no mess or pain



Raglington Farm, Botley Road,
Shedfield, Southampton, SO32 2HL



07836 762 787



christine@ambushpaintball.co.uk



www.ambushpaintball.co.uk



Prices



Package costs vary, see website for details

Paintball Packages:

Between £10 and £65

Laser Tag:

£15 per player per hour

NOT wheelchair accessible , all terrains and steps up to toilets



15. Delta Force Rosewood Paintball Centre

- ⇒ Minimum age 10 years
- ⇒ Games and battle scenarios in woodlands on rough terrain
- ⇒ All equipment and protective clothing is provided.
- ⇒ Wear old clothes -games are fast paced and dirty!
Can be tiring and painful



Lee Lane, Romsey,
Southampton, SO16 0AD



08444 775 050



enquiry@paintballgames.co.uk



www.paintballgames.co.uk/paintball-rosewood-centre



- ⇒ NOT wheelchair accessible , all terrains and steps up to toilets

Prices



Ages 8-10 Mini Paintballing:
12pm-4pm £29.99 per person

Ages 10-17 Junior Paintballing:
9.15am-4.30pm £14.99 to
£34.99 per person dependent
on number of paintballs used

18+ Adult Paintballing:
9.15am-4.30pm £9.99 per
person for entry and equipment
hire, overall price
Dependent on number of
paintballs used

A number of special deals on
paintball costs

16. Go Ape! Itchen Valley

- ⇒ Tucked away in 440 acres of beautiful woodland and meadows close to the River Itchen Go Ape's Tree Top Adventure involves fun and adventure across five sites. Each site features our award winning high ropes, awesome crossings, tunnels, bridges and an epic wind-in-your-face zip wire to finish
- ⇒ Go Ape is a great way to get some fresh air, exercise and to overcome fears
- ⇒ Minimum age 10 years
- ⇒ Minimum height 1.4m/4 ft. 7
- ⇒ Maximum weight 20.5 stones/130kg
- ⇒ Highest point: 14m
- ⇒ The course requires a good level of physical fitness and capability as it includes rope ladders and cargo nets to climb. Children also need to be able to stay attentive during the safety briefing. 2 adults are required for 1 child with learning/behavioral disorders and also physical disorders. They do their best to accommodate any additional needs
- ⇒ The course takes 2-3 hours to complete, and there are routes to choose from which vary in difficulty.
- ⇒ All safety equipment is provided.
- ⇒ Café, gift shop and toilets are located nearby at the Visitors Centre
- ⇒ There are also walking trails, a large children's play area and play equipment throughout the park, and picnic benches



Lee Lane, Romsey,
Southampton, SO16 0AD



08444 775 050



enquiry@paintballgames.co.uk



www.paintballgames.co.uk/paintball-rosewood-centre



- ⇒ Wheelchair access limited, tarmac paths around the Centre and play area but rough tracks through the woodland
- ⇒ Disabled toilets at the Visitors Centre



Opening Times

Weekends in February, March
& November
Everyday 23rd March to 30th
October (except Thursdays and
Fridays)

Exact opening times dependent
on daylight hours



Prices

Gorillas (18+): £30


Baboons (10-17): £24


**10% discount if you take a
letter showing you use Rose
Road**





17. Hampshire Riding Therapy Centre

- ⇒ The Centre specialises in horse riding for adults and children with disabilities/special needs, aiming to improve confidence self-esteem as well as help children with their conditions
- ⇒ Indoor and outdoor horse riding, lifting equipment available
- ⇒ New -inclusive cycles available for hire, contact for details

 Morelands Copse Farm, Hensting Lane,
Fisher's Pond, Eastleigh, SO50 7HH

 01962 777 714

 hrtc@btinternet.com

 www.hampshire-riding-therapy-centre.org.uk



Hampshire Riding
Therapy Centre

Contact for Prices



18. Gleneagles Equestrian Centre

- ⇒ Disabled riding is catered for, but no lifting equipment is available
- ⇒ Children must be able to have good upper body movement, so they can get onto a horse and hold themselves up unaided

 Allington Lane, West End,
Southampton, SO30 3HQ

 02380 473 370

 info@gleneagles.org.uk

 www.gleneagles.org.uk



See website for Prices



19. Pinkmead Farm Equestrian Centre

- ⇒ Children must have good upper body movement, so they can get onto a horse, hold themselves up unaided, and hold the reins with both hands
- ⇒ Children would be taught in a mixed group
- ⇒ Birthday parties also offered

 Kings Corner, Botley,
SO30 2HA

 01489 783 087

 info@pinkmead.co.uk

 www.pinkmead.co.uk



Private lesson

30 mins beginner session

£27.70 off-peak

£32.30 peak





20. Russells Equestrian Centre

- ⇒ Disabled riding is catered for, but no lifting equipment is available, so visitors need to have a sufficient level of mobility to get onto the horses.
- ⇒ Children can share ponies to keep costs down, and grooming and leading are part of the hours session
- ⇒ The teacher has 30 years experience, including 10 years in running a group for the disabled.

£14 per pony per hour
£23 assessment lesson
(for new riders)



 New Place, Allington Lane, West End,
Southampton, SO30 3HQ
 02380 473 693
 caroltheboulton@yahoo.co.uk
 www.russellsec.com







21. Tower House Horses

- ⇒ For children and young people (8+) with disabilities or special educational needs, equine assisted learning is an effective intervention
- ⇒ Interacting with horses has been found to be beneficial for those on the autism spectrum, as well as those with attachment issues, challenging behaviour, social difficulties, attention disorders and mild to moderate learning difficulties. Sessions are tailored to meet the needs of either individuals or small groups
- ⇒ Horse Handling Clubs are run for children with special needs and disabilities, and are subsidised by Hampshire County Council Short Breaks. These sessions do not involve riding horses, as they offer equine assisted learning through ground-based activities with horses

£15 for a 3 hour session
(this is a reduced price)




- ⇒ Specially adapted activity equipment
- ⇒ No disabled but an accessible one (ground floor), assistance can be provided


 The Tower House, Micheldever Station,
SO21 3AL
 01926 774 245
 info@towerhousehorses.co.uk
 www.towerhousehorses.co.uk



22. AMF Bowling

- ⇒ 10 pin bowling -ball raps, lane bumpers & lightweight balls available
- ⇒ American pool, juke box, diner, big-screen sports, bar, amusement arcade, free WiFi

 The Swan Centre, Wells Place,
Eastleigh, S150 5SF

 0844 826 3011

 www.amfbowling.co.uk/our-centres/eastleigh



Opening Times


Monday to Friday 11am till late
Saturday 9.30am till late
Sunday 10am till late


Prices

Adult: From £5.50
Under 16's: From £4.50
Family: From £17.75


23. Planet Ice

- ⇒ Ice skating for all ages and abilities. 'Learn to Skate' courses, family deals, after-school skating, parent & toddler sessions, café and birthday parties
- ⇒ Ice Shows – watch celebrities and professional skaters on the ice

 Quay Road, Ryde Esplanade, Isle of WIGHT, PO33 2HH
Leisure Park, Basingstoke, Hants, RG22 6PG

 01983 615 155 (Isle of Wight) or 01256 355 266 (Basingstoke)

 iow@planet-ice.co.uk and Basingstoke@planet-ice.co.uk

 www.planet-ice.co.uk/arena



Contact in advance to discuss wheelchair accessibility arrangements





Prices

Prices vary depending on the session time/ day
Spectators fee (over 21's): £2
Skate Hire:
£8 Basingstoke
£6.50 Isle of Wight

24. Tenpin Southampton

- ⇒ Bowling (ball ramps & lane bumpers available)
- ⇒ Café, bar, amusement arcade, American pool and lazerquest (1 game £6 per person)
- ⇒ Open till 12am every night in school holidays

 Auckland Road, Southampton,
SO15 0SD

 0871 873 2450

 www.tenpin.co.uk/southampton

Opening Times

Monday to Friday 12pm-12am
Saturday 9am-12am
Sunday 10am-12am

Prices

One game £6.99 adult, £5.49 child
Discounts for more games played
& various offers available

