RAP DISABILITY SPORTS PROGRAMME

For children and young people with disabilities and additional needs

AGES 5-25 YEARS OLD



April 2024 – March 2025

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Inclusive Basketball

Intermediate & Advanced Swimming

Racket Sports

Football

Powerchair Football

Beginners Swimming



High Support Multi Sports & Rebound Therapy



Low Support Multi Sports & Rebound Therapy



Holiday Club



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Tuesdays during term time



Waddon
Leisure Centre,
Purley Way,
Croydon
CR0 4RG



5pm-6pm



£2 per session – discounts available for full term bookings This is an inclusive basketball session where participants can learn basic basketball skills, engage in team games, and most importantly, have fun. Everyone is welcome, regardless of experience or ability, making it a great opportunity to enjoy the game in a supportive and encouraging environment.



SIGN UP AND REGISTER AT



RAP PROGRAMME

If you are new to the programme, please contact **SDO@croydon.gov.uk** before booking to register and ensure your child's suitability.

For all queries and once you have booked, please send a confirmation email to **SDO@croydon.gov.uk**, indicating which sessions you have booked, so we can finalise our registers.





Tuesdays during term time



7pm-8pm

£2 per session – discounts available for full term bookings

Your child must be able to swim at least half a length front crawl and backstroke, and also be comfortable in deep water. Please contact to arrange a swimming proficiency check before booking your child onto this activity.





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AGES 5-25

RACKET

SPORTS

For children and young people with disabilities and additional needs



Wednesdays during term time



St Cyprian's Primary Academy, Springfield Rd, Thornton Heath CR7 8D



5pm-6pm



£2 per session – discounts available for full term bookings Participants have the opportunity to play table tennis, badminton, and short tennis. These activities can be enjoyed with their peers or alongside an adult.



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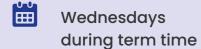
RAP PROGRAMME

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For children and young people with disabilities and additional needs



- Waddon
 Leisure Centre,
 Purley Way,
 Croydon
 CR0 4RG
- 4:30pm-5:30pm
- FREE. Register in advance

A fantastic opportunity for children to enjoy football sessions delivered by Palace for Life Foundation in conjunction with the council



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POWERCHAIR FOOTBALL

For children and young people with disabilities and additional needs

AGES 8+



Wednesdays during term time



Waddon Leisure Centre, Purley Way, Croydon CRO 4RG



6pm – 7:30pm



FREE. Register in advance

A fantastic opportunity for those in a wheelchair to enjoy football sessions delivered by Palace for Life Foundation in

conjunction with

the council



SIGN UP AND REGISTER AT



RAP PROGRAMME

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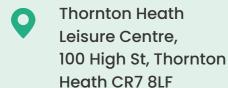
BEGINNERS SWIMING

AGES 5-25

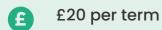
For children and young people with disabilities and additional needs



Fridays during term time



5pm-7pm





Please note you **must register** your interest before booking due to high demand. Please contact SDO@croydon.gov.uk Coaches work 1:1 with a swimmer for 15 minutes and the participants have 15 minutes free time.



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HIGH SUPPORT MULTI SPORTS EREBOUND THERAPY

For children and young people with disabilities and additional needs

AGES 5-25



Saturdays during term time

Waddon Leisure
Centre, Purley Way,
Croydon CR0 4RG

9am - 10:30am

£25 per term, first session free as a trial

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For children aged 5 to 8 years who require additional support, please contact SDO@croydon.gov.uk before making a booking This session is designed for young children and young adults with high needs and support. Rebound therapy, a therapeutic exercise on the trampoline, helps facilitate movement, promote balance, improve muscle tone, and enhance communication, among other benefits.

While children or young adults are not on the trampoline, sports equipment will be available for them to play with, supported by our coaches and parents. Our goal is to develop children's fine and gross motor skills through the use of this equipment and related activities.

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AGES LOW SUPPORT 8-25 MULTI SPORTS & REBOUND THERAPY

For children and young people with disabilities and additional needs

- Saturdays during term time
- Waddon Leisure Centre, Purley Way, Croydon CR0 4RG
- 10:45pm-12:45pm
- £25 per term, first session free as a trial

This is a multi-sports session that gives young people the opportunity to play a variety of different sports, including basketball, cricket, football, hockey, and tag rugby, along with various other fun games and activities. These sessions are primarily designed for children and young adults who do not require 1:1 support.



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HOLDAY CLUBS

For children and young people with disabilities and additional needs

AGES 5-25



Each holiday club is unique, so this flyer cannot provide exact

details. To register your interest and find out more, please contact

SDO@Croydon.gov.uk

Your child will need to bring: A packed lunch, plenty of drinks (no fizzy drinks), comfortable clothing suitable for sporting activities, trainers, swimming costume and towel.



The price varies but can be ascertained once you have registered your interest.



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RAP DISABILITY SPORTS PROGRAMME

For children and young people with disabilities and additional needs

About the programme

The RAP Disability Sports Programme is for children and young people with disabilities or additional needs in Croydon.

Sports activities are delivered by experienced staff that are enhanced DBS checked and are suitably qualified.

We focus on physical and social development and celebrate the smallest achievements whilst encouraging the progression of sport from grass roots through to excellence.

We aim to provide a staff ratio of 1:6 however this may vary.

What do I bring?

Please ensure that your young person is dressed in loose clothing and trainers. Jeans are not recommended. It is advised that you bring a bottle of water. For sessions lasting longer than 2 hours it is recommended that you also bring a small snack.

More information

For queries and information please contact SDO@croydon.gov.uk or follow this link www.croydon.gov.uk/libraries-leisure-and-culture/sports-and-physical-activity/inclusive-sports-programme





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