

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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**AGES
5-25**

INCLUSIVE BASKETBALL

For children and young people with disabilities
and additional needs



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.


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INTERMEDIATE & ADVANCED SWIMMING


For children and young people with disabilities and additional needs

AGES 5-25

 Tuesdays during term time

 New Addington Leisure Centre, 88 Central Parade, New Addington, Croydon CR0 0JB

 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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FOOTBALL


AGES
5-8

For children and young people with disabilities and additional needs

 Wednesdays during term time

 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


AGES
8+

For children and young people with disabilities and additional needs

 Wednesdays during term time

 Waddon Leisure Centre, Purley Way, Croydon CR0 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



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BEGINNERS SWIMMING


For children and young people with disabilities and additional needs


AGES 5-25

 Fridays during term time

 Thornton Heath Leisure Centre, 100 High St, Thornton Heath CR7 8LF

 5pm-7pm

 £20 per term

 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 & REBOUND 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

 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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LOW SUPPORT MULTI SPORTS & REBOUND THERAPY


For children and young people with
disabilities and additional needs

AGES
8-25

 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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HOLIDAY 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



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

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.



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RAP DISABILITY SPORTS PROGRAMME

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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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