RAP DISABILITY SPORTS PROGRAMME

For children and young people with disabilities and additional needs

AGES 5-25 YEARS OLD



April 2024 – March 2025

CONTENTS

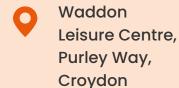
ornat. **Inclusive Basketball Dance Intermediate & Advanced Swimming Racket Sports Football Powerchair Football Beginners Swimming High Support Multi Sports & Rebound Therapy** Low Support Multi Sports & Rebound Therapy **Holiday Club**







Tuesdays during term time



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.







- Oasis Academy
 Shirley Park,
 Shirley Road,
 Croydon, CR9 7AL
- 5:30pm 7pm
- £2 per session
 discounts
 available for full
 term bookings

SLiDE youth company is a NEW group of dancers (aged 13-20) who are neurodiverse or have a moderate learning disability or autism. Throughout the year they will focus on improvisation and contemporary dance to create and perform. Performances are optional.

Participants will need to be able to work in small groups and manage their own personal care needs. The sessions are delivered by SLiDE in conjunction with Croydon Council & Croydon Music and Arts.

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Tuesdays during term time



New Addington Leisure Centre, 88 Central Parade, New Addington, Croydon CRO 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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Wednesdays during term time

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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Wednesdays during term time



Waddon Leisure Centre, Purley Way, Croydon CRO 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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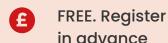
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A fantastic opportunity for those in a wheelchair to enjoy football sessions delivered by Palace for Life Foundation in conjunction with the council





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Fridays during term time



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



5pm-7pm



£20 per term



Please note you <u>must register</u> 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

people with

AGES 5-25

Saturdays during term time

- Waddon LeisureCentre, 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

- 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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RAP PROGRAMME

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cannot provide exact details. To register your interest and find out more, please contact SDO@Croydon.gov.uk

Each holiday club is

unique, so this flyer

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 A can be ascertained once you have registered your interest.



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www.croydon.gov.uk

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





www.croydon.gov.uk