

RAP DISABILITY SPORTS PROGRAMME

For children and young people with disabilities and additional needs

**AGES
5-25
YEARS OLD**



April 2024 – March 2025

CROYDON
www.croydon.gov.uk

CONTENTS

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



AGES



**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.

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DANCE

For children and young people with disabilities and additional needs

AGES
13-20



SLIDE



Tuesdays during the Winter Term, excluding the 10th and 17th of December

Tuesdays during the Spring Term, excluding the 18th and 25th of February, and the 1st of April.



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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INTERMEDIATE & ADVANCED SWIMMING

For children and young people with disabilities

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

Participants have the opportunity to play table tennis, badminton, and short tennis. These activities can be enjoyed with their peers or alongside an adult.



£2 per session –
discounts
available for full
term bookings



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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



SIGN UP AND REGISTER AT



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POWERCHAIR FOOTBALL

For children and young people with disabilities
and additional needs

AGES
8+

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



£ FREE. Register
in advance



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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

g people with
onal 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

AGES
8-25

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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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

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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