## RAP DISABILITY SPORTS PROGRAMME

For children and young people with disabilities and additional needs

April 2024 – March 2025

CROYDON www.croydon.gov.uk

AGES

5-25

**YEARS OLD** 

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# INCLUSIVE BASKETBALL

**AGES** 

5-25

For children and young people with disabilities and additional needs



## 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.



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.











For children and young people with disabilities and additional needs

> 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.



5:30pm – 7pm

£2 per session

available for full

term bookings

- discounts

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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.

**AGES** 

13-20

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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SLIDE

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## INTERMEDIATE **SADVANCED** SWIMMING

For children and young people with disabilities and additional needs

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



#### **RAP PROGRAMME**

term bookings

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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.





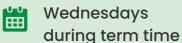
### **AGES** 5-25

## RACKET SPORTS

For children and young people with disabilities and additional needs



and additional needs



St Cyprian's  $\square$ Primary Academy, Springfield Rd, **Thornton Heath CR7 8D** 

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 -E discounts available for full term bookings



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#### **RAP PROGRAMME**

FREE. Register

in advance

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





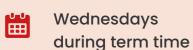


## POWERCHAIR FOOTBALL

For children and young people with disabilities and additional needs

BEGINNERS SWIMMING

For children and young people with disabilities and additional needs



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Waddon Leisure Centre, Purley Way, Croydon CR0 4RG

A fantastic opportunity for those in a wheelchair to enjoy football

sessions delivered by Palace for Life **Foundation in** conjunction with the council



AGES

8+



6pm - 7:30pm

**FREE. Register** in advance



## SIGN UP AND REGISTER AT



#### **RAP PROGRAMME**

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### term time **Thornton Heath**

5pm-7pm

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Fridays during

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

£20 per term Please note you must register

#### your interest before booking due to high demand. Please contact SDO@croydon.gov.uk



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### Coaches work 1:1 with a swimmer for 15 minutes and the participants have 15 minutes free time.





## HGH SUPPORT MULTI SPORTS S REBOUND THERAPY

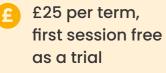
For children and young people with disabilities and additional needs

AGES 5-25

#### Saturdays during term time



9am - 10:30am



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





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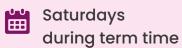
For all queries and once you have booked, please send a confirmation email to SDO@croydon.gov.uk, indicating which sessions you have booked, so we can finalise our registers.

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.



## **JUNIOR ACCESS MUSIC MAKERS**

For disabled and neuro-diverse children ages 7-10.



**Oasis Academy** Shirley Park, Shirley Rd, Croydon, CR9 7AL **Junior Access Music Makers** sessions aim to develop skills and confidence through music.

9am-10am

£20 a term or £5 a term for FSM students.



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AGES

7-10

### CROYDON www.croydon.gov.uk

## ACCESS MUSIC MAKERS

For disabled and neuro diverse young people ages 11+.



£20 a term or £5

a term for FSM

students.



## SIGN UP AND REGISTER AT

#### **RAP PROGRAMME**

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

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**Access Music Makers** sessions aim to develop skills and confidence through music.









# FOLDAY CLUBS

For children and young people with disabilities and additional needs

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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.

**AGES** 

5-25

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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 gualified.

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







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