

RAP DISABILITY SPORTS PROGRAMME

This is an inclusive programme designed to be accessible to a wide range of disabilities. For children and young people with profound or severe disabilities, please feel free to reach out using the contact details provided.

**AGES
5-25
YEARS OLD**



April 1st 2025 – March 31st 2026

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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



£2.50 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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DANCE

For children and young people with disabilities and additional needs

AGES
13-20



Tuesdays during term time



Oasis Academy
Shirley Park,
Shirley Road,
Croydon, CR9 7AL



5:30pm – 7pm



£2.50 per session –
discounts available for
full term bookings

SLIDE youth company is a group of dancers (aged 13-20) who have a moderate learning disability, autism or are neurodiverse. 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 and additional needs

AGES
5-25



Tuesdays
during term time



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



7pm-8pm



£2.50 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

 £2.50 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



SIGN UP AND REGISTER AT



RAP PROGRAMME

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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 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


AGES
5-25


For children and young people with disabilities and additional needs

 Fridays during term time

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

 4.30pm–7pm

 £25 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

 £30 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

 10:45am–12:45pm

 £30 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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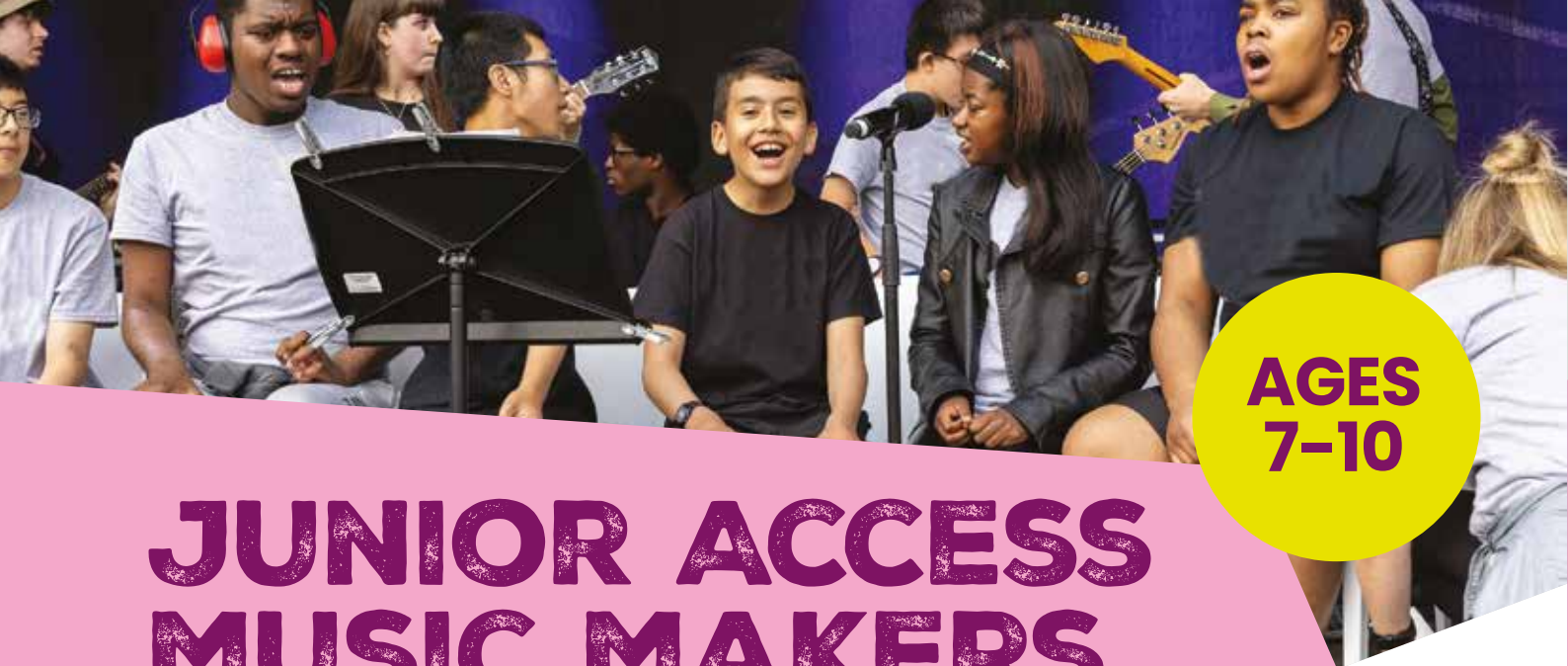


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**AGES
7-10**


JUNIOR ACCESS MUSIC MAKERS

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

 Saturdays
during term time

 Oasis Academy
Shirley Park,
Shirley Rd,
Croydon, CR9 7AL

 9am-10am

 Summer term is £25,
or £12.50 FSM/PP

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



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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

For disabled and neuro diverse young people ages 11+.

 Saturdays
during term time

 Oasis Academy
Shirley Park,
Shirley Rd,
Croydon, CR9 7AL

 11.15am-12.15pm

 Summer term is £25,
or £12.50 FSM/PP

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

**AGES
11+**



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RAP PROGRAMME

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before booking to register and ensure your child's suitability.

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HOLIDAY CLUBS

For children and young people with disabilities and additional needs

AGES
5+



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.



Snacks, and lunch must be nut free

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 profound or severe disabilities

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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