

RAP DISABILITY SPORTS PROGRAMME

**AGES
5-25
YEARS OLD**

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.



April 1st 2025 – March 31st 2026

CROYDON
www.croydon.gov.uk

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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RAP DISABILITY SPORTS PROGRAMME

BEGINNERS SWIMMING

HIGH SUPPORT MULTI SPORTS & REBOUND THERAPY

POWERCHAIR FOOTBALL

April 1st 2025 – March 31st 2026

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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.



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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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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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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