



Sport Opportunities for
Participants with a Disability



SPORT	VENUE	DAY	TIME	DESCRIPTION	TARGET AGE	CONTACT(S)
Archery	Meadowmill Sports Centre, Tranent	Wednesday	10.00-12.00	Archery session for all disability groups	All ages	Richard Vallis rsvallis@hotmail.com
Athletics	Forrester High School, Edinburgh	Wednesday	18.00-19.30	Edinburgh Eagles Athletics Club Run, jump and throw sessions for athletes with autism	School aged 8 years +	Celia Peerless celiappeerless@hotmail.co.uk
	Meadowmill Sports Centre, Tranent	Thursday	18.00-19.00	Lothian Leopards Athletics Club Athletics session for athletes with physical, sensory & learning disability	School aged 8 years +	Jean Dobson 07882376338
Badminton	Musselburgh Sports Centre	Tuesday	18.00-21.00	Lothian Disability Badminton Club Badminton coaching for all athletes with a physical or learning disability	All ages	Lyndon Williams hbandnw@yahoo.co.uk
	Bathgate Academy	Wednesday	18.00-20.00			
Basketball	Inveralmond Community High School	Monday	19.30-21.30	Lothian Phoenix Wheelchair Basketball Basketball session for athletes with a physical disability (ambulant or wheelchair user)	All ages	Niall Ritchie nritchie@yahoo.co.uk www.lothiapheonix.org.uk
	Bathgate Academy	Thursday	19.30-21.30			
	Bathgate Academy	Thursday	19.00-19.45	Lothian Phoenix Wheelchair Basketball Basketball session for athletes with a physical disability (ambulant or wheelchair user)	10 years and under	
Boccia	Beeslack Community High School, Penicuik	Sunday	15.00-16.15	Beeslack All Stars Boccia Club Boccia session for athletes with a physical, sensory or learning disability	School aged 8 years +	Lynne Sturgeon Lynne_sturg@hotmail.com
	Dunbar Sports Centre, Dunbar	Friday	15.30-16.30	Dunbar Boccia Club Boccia session for athletes with a physical, sensory or learning disability	All ages	Helen Johnston hjohnston@enjoyleisure.com
	Jack Kane Sports Centre, Edinburgh	Tuesday	17.30-19.00	East of Scotland Boccia Club This club is only open to players with a severe physical impairment which affects all four limbs	All ages	Gary Fraser gary.fraser@scottishdisabilitysport.com
	Liberton High School, Edinburgh	Tuesday	18.00-19.00	Edinburgh Leisure High Flyers Boccia Club Boccia session for athletes with a physical or sensory disability	8-18 years	Highflyers&jumpin@edinburghleisure.co.uk
	Bathgate Adacemy	Friday	18.00-20.00	No Limits Boccia Club Boccia session for athletes with a physical, sensory or learning disability	All ages	Anne Gurney anne@agurney.com
Bowls	Musselburgh Sports Centre	Sundays	10.30-12.30	Bowls session for all disability groups	All ages	admin@lothiandisabilitysport.co.uk
	Prestonpans Community Centre	Wednesday	13.00-15.00	Prestonpans & District Disabled Bowling Club Bowls session for all disability groups	All ages	Lesley Ross 01875 610280
		Thursday	11.00-13.00			
	Grange Bowling Club P'pan	Tuesday	19.00-21.00			
Jack Kane Centre, Edinburgh	Saturday	12.00-14.00	Indoor Bowls sessions for juniors adults with a physical, learning or visual and hearing impairment	Juniors & Adults	Jodimcginty@edinburghleisure.co.uk	

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Football	Albyn Park, Broxburn	Saturday	11.00-12.00	Broxburn Athletic Football Club Session for players with a physical, sensory or learning disability		Greig Taylor g.taylor@busc.org.uk
	Meadowbank Stadium, Edinburgh	Wednesday	16.30-18.00	Special Olympic/Lothian Hibernian FC Male & Female players aged 14+ with a learning disability	14+ years	Jamie McDonald LSOFootball@aol.com
	Soccer City, Easthouses, Midlothian	Saturday One Saturday every month	12.30-13.30	Midlothian Footballers with Disabilities School aged pupils with a physical, sensory or learning disability	Primary School Age	Steven Williams stevenwilliams1@hotmail.co.uk
	Spartans Community Football Academy	Thursday	10.30-11.30 17.00-18.00	Spartans Connections F.C.	16+ years	Garry Betts 07818002371
	Ross High School, Tranent	Saturday	10.00-11.30	Tranent Colts Disability Football School aged pupils with a physical, sensory or learning disability	Primary School Age	Willie Gilhooley WillieG50@hotmail.co.uk
Golf				Lothian Special Olympic Golf Golf session for all athletes with a learning disability	16+ years	Solothian@aol.com
Judo	Gate 55, Westburn PS, Sighthill, Edin.	Saturday (once a month)	10.30-12.30	East of Scotland Physical & Intellectual Disability Judo Group Judo session for players with a physical, sensory and learning disability	8+ years	Jo Imrie jo@essndisabilityjudogroup.com
	Craigswood Sports Centre, Livingston	Monday	18.45-19.30	Jidel Judo 93 Judo session for players with a physical, sensory and learning disability	5+ years	Jo Imrie - 07411722240 journiejudo@gmail.com
Fencing	Holyrood High School, Edinburgh	Monday	19.00-21.30	Salle Hollyrood Wheelchair Fencing Club Fencing session for athletes with a physical disability (ambulant or wheelchair user)	8+ years - adult	Jo Walton Jo.sallehollyrood@gmail.com
		Wednesday				
		Thursday				
Multi-Sports	Beeslack Community High School, Penicuik	Tuesday	18.45-20.45	Beeslack All-Stars Disabled Sports Club Multi-activity session for children and young adults (and their siblings) with a physical, sensory or learning disability	Children & Young Adults	Lynne Sturgeon Lynne_sturg@hotmail.com
		Sunday	13.00-15.00			
	Meadowbank Stadium, Edinburgh	Monday	15.45-17.15	Edinburgh ACERS Multi-Sport Club Multi activity and adapted bike session for children and young people with a physical, sensory or learning disability	5-18 years	Neal Herbert admin@lothiandisabilitysport.co.uk
	Inveralmond Community High School	Monday	19.30-21.00	Lothian Special Olympics Multi Sport Club Multi Sport session for athletes with a learning disability	School aged pupils	Solothian@aol.com
	Linlithgow Leisure Centre, West Lothian	Saturday	11.00-13.00	No Limits Sports Club Multi sport session for children and young people with a disability	Children & Young People	Paul Weddell paulweddell@talktalk.net
	Musselburgh East Community Centre	Friday	14.00-15.30	Superstar Sports Club Multi sports session for 3-8 year olds with a physical disability	3-8 years	Alison Brown
Musselburgh Sports Centre	Wednesday	18.30-20.00	Multi Sport session for adults with a physical, sensory or learning disability	18+ years	Musselburgh Sports Centre 0131 653 5208	

Rugby	Meadowmill Sports Centre	Thursday	10.30-12.00	Unified Rugby Rugby session for adults with a physical, sensory or learning disability	Adults	Meadowmill Sports Centre - 01875619079
Swimming	Musselburgh Sports Centre	Tuesday	18.30-19.30	East Lothian Disability Swimming Club Session for swimmers with a physical, sensory or learning disability		Musselburgh Sports Centre 0131 653 5208
	Loanhead Leisure Centre, Midlothian	Thursday	18.00-20.00	Loanhead Dolphins Session for swimmers with a physical, sensory or learning disability	All ages	Yvonne Anderson Yvonne.anderson@midlothian.go.uk
	Royal Commonwealth Pool, Edinburgh	Thursday	19.00-21.00	Lothian Racers (Edinburgh & Midlothian) Swimming session for all ages and physical, sensory and learning disabilities.	All ages	Don McFarlane Don1mcfarlane@btinternet.com 01968 675131
	Beeslack Community High School, Penicuik	Tuesday	18.30-20.30			
	Musselburgh Sports Centre	Saturdays & Sundays		Learn to swim sessions for school aged young people with a physical, sensory or learning disability	School aged pupils	Musselburgh Sports Centre 0131 653 5208
	Deans CHS, Livingston	Sunday	14.30-16.20	Livingston District Dolphins Disability Squad - Rainbow Squad Session for swimmers with a physical, sensory or learning disability	All ages	Amy Atkinson amyatkinson95@hotmail.co.uk
	Braidburn School, Edinburgh	Thursday	16.15-18.00	Lothian Waves Swimming session for school aged pupils with a physical, sensory or learning disability	School aged pupils	Janice Borthwick Janice.borthwick@btconnect.com
	Musselburgh Sports Centre	Monday	19.00-21.30	Musselburgh Amateur Swimming Club (East Lothian) Swimming session for school aged young people with a physical, sensory or learning disability	6-18 years	Jack Calder jackcalder@talktalk.net 07917 666670
Wednesday		18.30-20.30				
Sunday		08.00-09.45				
Table Tennis	The Royal High School, Edinburgh	Monday	18.00-19.30	Murrayfield Table Tennis Club Table Tennis session open to all disability groups	All ages	Lindsay Muir lindsay@murrayfieldtt.com
Tennis	Craiglockhart Tennis Centre, Edinburgh	Sunday	15.30-16.30	High Flyers Learning Disability Session Tennis session for athletes with a learning disability	8-18 years	Anna Myatt annamyatt@edinburghleisure.co.uk
	Craiglockhart Tennis Centre, Edinburgh	Sunday	16.00-17.30	Winning Wheels Wheelchair Tennis Club Tennis coaching for athletes with a physical disability (ambulant or wheelchair user)	Juniors	
		Sunday	17.30-19.00		Adults	
Trampoline	The Lasswade Centre	Sun, Tues, Fri		City of Edinburgh Trampoline Club All trampoline sessions are open to athletes with a physical, sensory and learning disabilities	All ages	Moira Jeffrey secretary@cityofedinburghtrampolineclub.co.uk
	Meadowmill, Tranent	Mon, Wed, Thurs				
Wheelchair Sports	Currie Community High School	TBC	TBC	Wheelchair Sports Club Blocks of coached wheelchair sports sessions - Basketball, Badminton, Athletics & Tennis for physically disabled (ambulant or wheelchair user)	School aged pupils	Heather Williams HeatherWilliams@edinburghleisure.co.uk



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Scottish Disability Sport

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e: admin@scottishdisabilitysport.com

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Lothian Special Olympics

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e: Solothian@aol.com

www.specialolympicslothian.btck.co.uk

Contacts

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