

For information about any of these Sports/Activities please contact Rob Woodhead, Disability Sport Development Officer [woodhead@eastlothian.gov.uk](mailto:woodhead@eastlothian.gov.uk) or 01875 619066

Name of Activity/Club	Venue	Time	Day	Age Group	Disability Classification	Facilities	Transport	Cost	Equipment Needed	Skill level Required	Coach deliverers	Sport Background
Lothian Disability Badminton Club	Musselburgh Sports Centre	7-9 pm	Tues	All Ages	Physical	Fully Supported	-	£3.00	None	Beginners Welcome	Lyndon Williams	<a href="http://www.badmintonscotland.org.uk">www.badmintonscotland.org.uk</a> Disability badminton
Multisport	Musselburgh Sports Centre	6.30-8.00	Wed	Adults	PD, LD, V/S I	Fully Supported	-	£3.00	None	Beginners Welcome	Jamie Wilson	<a href="http://www.enjoyleisure.com">www.enjoyleisure.com</a> Multisport is a club that focusses on a rotation of sports mainly Boccia, bowls and New Age Kurling. Emphasis is on participation and enjoyment
Multisport	Meadowmill Sports centre	6-7pm	Mon	S1-S6 School Aged pupils	PD, LD, V/S I	Fully Supported	-	£3.00	None	Beginners Welcome	Various Sports Development Coaches	Multisport is a club that focusses on a rotation of sports mainly football, rugby, basketball, badminton and Indoor golf.
Archery	Meadowmill Sports Centre	10-12	Wed	Adults	PD, LD, V/S I	Fully Supported	-	£1.00	None	Beginners Welcome	Richard Vallis/Jim Berry	Archery has always been in the forefront of integration between able-bodied and disabled participants. Participants can choose between a range of bows and participate, socialise as they wish.
Athletics	Meadowmill Sports	10.30-12.00	Thur	Adults	PD, LD, V/S I	Fully Supported	-	£1.50	None	Beginners Welcome	Jamie Wilson	An introduction to all types of athletic disciplines such as

	Centre											throwing, running, jumping adapted and inclusive to suit athletes with all types of disabilities
Boccia	Dunbar Sports Centre	3.30-4.30	Fri	Adults	PD, LD, V/S I	Fully Supported	-	£3.00	None	Beginners Welcome	Helen Johnson	Boccia is an individual or team based game that focussed on target based skills. Athletes must throw or roll a weighted ball towards a target (Jack).
Bowling	Musselburgh Sports Centre	10.30-12.30	Sun	Adults	PD, LD, V/S I	Fully Supported	-	£3.00	None	Beginners Welcome	n/a	Bowls is a low impact, target based played on an indoor circuit
Bowling	Prestonpans Community Centre	1-3 11-1	Wed Thur	Adults	PD, LD, V/S I	Fully Supported	-	n/a	Bowls	Beginners Welcome	n/a	Bowls is a low impact, target based played on an indoor circuit
Swimming (Learn to Swim for Children with ASN)	Musselburgh Sports Centre	11-11.45	Both Sat & Sun	5-14 yrs	PD, LD, V/S I	Fully Supported	-	Please contact Centre (6 Week Block)	Suitable Swimwear	Non-Swimmers and Beginners	Richard Ralston	Each session would last 45mins with between 4 and 6 participants in each session. Each participant would have to bring a parent/guardian/carer with them to attend (in the water) during the sessions. Outcome, learn to swim and have fun.  Contact Musselburgh Sports Centre: 0131 653 5208