Inclusive Sport

City-wide activities for disabled children, young people and adults

October 2019
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active.leeds.gov.uk/disabilitysport
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This programme details all of the regular specific disability and inclusive sport opportunities that exist across Leeds, delivered by both Leeds City Council’s Active Leeds department and all key partners. This covers children, young people and adults with any disability, and all ability levels.

There are also many other disability sport events, competitions and festivals, information can be found on the website: active.leeds.gov.uk/disabilitysport

A guide to leisure centre access and facilities, a section on useful websites and a guide to transport services is also included in this booklet. This programme can be downloaded in audio format on the website too.

**Leeds City Council carer policy**

If you can’t take part in an activity without assistance then any individual who is there to assist you will get free admission.

**Active Leeds membership**

Active Leeds memberships offer customers access to a range of activities at all Leeds City Council leisure centres. There are different membership packages depending on which activities you are interested in. We offer discount to disabled people, for the terms and conditions of the offer please contact Membership services on: 0113 3788001, email: membership.services@leeds.gov.uk
**Breeze Card**  
*(0-18 years)*

Breeze Cards are free to all children and young people aged 18 years and under.

The card entitles the holder to discounts at all Leeds City Council leisure centres and other facilities.

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**LeedsCard**  
*(age 19 and above)*

If you plan to regularly use any of the council’s sport and leisure facilities, then you will be better off with a LeedsCard.

LeedsCard is available to you whether you are a resident or non-resident of Leeds (aged 19+).

It entitles you to discounts off the usual activity prices. The LeedsCard costs £12.50.

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**The LeedsCard Extra** is available to Leeds residents in receipt of certain income or disability related benefits. This card needs to be renewed annually.

It offers maximum discounts to Leeds City Council leisure centres and other facilities. The LeedsCard Extra costs £3.

Fitness memberships, LeedsCard and Breeze Card application forms can be obtained from all leisure centres and the larger libraries.
Athletics - Wheelchair Racing

- Session for wheelchair athletes who want to train and compete on the track.

- Suitable for both adults and children, age 8 years plus.

- £2 for juniors, £2.50 for seniors

- Run by Leeds City Athletics Club-
  www.leedscityac.co.uk

John Charles Centre for Sport, Indoor Bowls & Athletics Centre

Thursday 7pm to 8pm
- Term time only
- Wheelchair basketball club, open to anyone with or without experience
- Suitable for both adults & children
- Everyone welcome. Please contact the club before your first visit
- Cost: £15 subscription per year
- Run by Spider-Y, a registered charity

For further information, please contact:

**Andy Gardner** (club chairman)

andyg@leedsspiders.org.uk

Tel: 07769 938 798

www.leedsspiders.org.uk

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**Morley Leisure Centre, Queensway, Morley, LS27 9JP**

**Wednesday evenings**
Boccia

- IM Leeds Boccia
- Boccia is a sport that involves players rolling, kicking or throwing a ball towards a jack.
- The game can be adjusted to suit the physical needs of different individuals.
- Suitable for all ages, abilities and levels of experience
- Equipment is provided
- £3 per session

E-mail Lauren Cooper at: BocciaLeeds@irwinmitchell.com
or call 0113 394 6755.

Armley Leisure Centre,
Carr Crofts,
Leeds,
LS12 3HB

Wednesday 5pm to 6pm

Bowls - indoor flat green

- Suitable for both adults and children
- The centre is fully accessible to all
- Eight rink indoor bowls hall
- Indoor shoes & woods can be hired
- Bowls wheelchairs available

Casual bookings - to play on an informal basis bookings can be made seven days in advance or eight days if you have a LeedsCard by ringing the centre.

Bowls Leagues run Monday, Tuesday & Thursday
10am – 12pm, you have to be a member to join.

For more information or to book a rink please contact the John Charles Centre
Indoor Bowls & Athletics centre:

Tel: 0113 378 8234
Email: JCCS@leeds.gov.uk

Bowls - Visually Impaired

- Visually impaired bowling sessions at John Charles Centre for Sport.
- Every Tuesday 12noon until 2 pm
- Introductory price £3.20

Indoor Bowls & Athletics Centre
John Palmer
Tel: 01422 321771
Climbing Wall

- Suitable for adults and children
- Self contained room comprising natural rock features and bolt on holds
- Sessions available for individuals, schools and groups.
- All sessions are run by qualified staff who have a minimum SPA qualification

Instructed Sessions can be organised for ambulant groups with learning disabilities, sensory impairment or with minimum physical impairments.

For further information please contact Aireborough Leisure Centre on:

Tel: 01943 877131
Email: LSP.Aireborough.sport@leeds.gov.uk

Cricket - Yorkshire Visually Impaired Cricket Club

Yorkshire’s only cricket club formed specifically for the visually impaired player, their mission is to remove barriers to sport and in particular cricket for those with a sight impairment making the game inclusive to all.

- For adults and juniors of all abilities
- ECB qualified coaches on hand

For more information please contact John Garbett:

Mobile: 0797 236 0928
Email: garbett.j@sky.com
**Cycling—John Charles Centre for Sport**

- Suitable for both adults and children over the age of 5.
- A variety of bikes are available: quads, trikes, hand cycles, mountain trikes, bucket seat duel cycles, tandems etc.
- Most cycles have back supports and seat belts.
- A member of staff is available to help at all sessions & hoist is available.
- You are welcome to book out a session at any other time for a minimum of 6 people.

For more information and to book on a session please contact the John Charles Centre for Sport:

Tel: 0113 378 8000  Email: JCCS@leeds.gov.uk

**Cycling—Herd Farm**

- Come and try a range of adapted bikes on the purpose built outdoor cycling area in North Leeds.
- For children, young people and adults of all ages with any disability.
- Siblings and friends are welcome too.

For further information on the sessions please contact Herd Farm Activity Centre:

Tel: 0113 393 0012  Website: www.herdfarm.co.uk

**Cycling—Wetherby Tandem Cycling Club**

Open Country is an award-winning charity that has nearly 30 years of experience in helping disabled people to access and enjoy the countryside. The Wetherby tandem club enjoys rides of up to 20 miles in the gorgeous Yorkshire countryside every Monday during the summer months, from 6pm – 9pm, with a pub stop thrown in along the way. They are always keen to meet ambulant disabled back riders (stokers) or non-disabled volunteer ‘pilots’. No tandem experience necessary.

Tel: 01423 507227  
E-mail: info@opencountry.org.uk  Website: www.opencountry.org.uk

active.leeds.gov.uk/disabilitysport
Cycling – LS-Ten

- Skateboard, Scooter and BMX sessions suitable for all ages and abilities
- All equipment provided
- Tuition available

Private one to one sessions available
Times suited to suit participants needs. Just call up to discuss options.
To book a session or for more info contact Tosh Wilson
Tel 0113 2446015  www.ls-ten.org

Cycling- British Cycling Disability Hub– Leeds

- HSBC UK Disability Hub at Leeds is based at the Bodington Cycle Circuit in Adel and has monthly traffic free sessions delivered by British Cycling coaches.
- Suitable for people with physical and learning disabilities.
- The sessions aim to improve rider’s technique, fitness and confidence in a safe, fun and challenging environment at one of the longest cycle circuits in the country (1.6km).
- The hub sessions help riders with a range of goals: whether to get into a new sport, meet new friends, improve fitness and confidence on a bike, rehabilitate from injury or train for competition.
- The Leeds disability hub also has a range of adapted equipment on-site which includes handcycles, tandems and trikes, making the sessions accessible for those who don’t have access to their own bike.

Tel: 0161 274 2070
E-mail: go-ride@britishcycling.org.uk

Cycling– Wheels 4 Fun

A community cycling club for adults with a physical disability, run by volunteer enthusiasts with experience in disability and cycle training.

Based at Meanwood Valley Urban Farm, LS7 2QG, Saturdays 11am to 1pm

Please contact Trish: trishcunnison@gmail.com
www.wheels4funleeds.wordpress.com
Northern Ballet offers a range of opportunities for young people and adults with disabilities to engage with dance:

**In Motion** – dance classes for self-propelling wheelchair users aged 8 to 19. Regular classes held during the Summer term each year. New adults classes to also begin in Summer 2017.

**Ability** – a dance course for adults with mild to moderate learning difficulties which runs on a weekly basis during term time.

For more information please contact the Learning team:

Website: [www.northernballet.com](http://www.northernballet.com)  
Tel: 0113 220 8000

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Yorkshire Dance run various classes, workshops and groups for children, young people and adults with learning and physical disabilities, such as:

- **Saturday Superstars** – a range of fully inclusive classes for children aged 0 – 14 years old including Parents and Tots, Ballet, Creative Movement, Street Jazz and Street Styles.

- **Adult opportunities** focusing on honing creative movement and performance skills in various fully supported environments.

Tel: 0113 243 9867  
Website: [www.yorkshiredance.com](http://www.yorkshiredance.com)
New gym users. If you have never attended an Active Leeds gym you will need to book an induction (this is an introduction to the gym finding out what you like and how to use the equipment). Please contact the centre you wish to attend to make the appointment. Safety is really important within the gym and if you are unable to get around safely on your own, the fitness instructor will suggest you bring someone with you to help, this person will not have to pay to come with you. Currently it is Leeds City Council policy not to offer one-to-one fitness training, however, if you are unsure of anything when you are at the gym please do not hesitate to ask for assistance.

We deliver regular disability awareness and adapting activities training for all members of staff so that we can offer a better service to disabled users.

Ergometer bikes (hand-cycles) are available at Armley, Rothwell, Pudsey, Morley, Aireborough, John Smeaton, Scott Hall, Holt Park, John Charles centre for sport and Garforth Bodyline gyms.

Adapted rowing seats are available at most Active Leeds gyms.

Dual assisted pulley machines which can provide a full body workout and are accessible to wheelchair users, and recumbent bikes are available at all Bodyline gyms.

Website: active.leeds.gov.uk/memberships
**Exercise - Chair Based Exercise & Yoga**

- Adults only, term time only
- Suitable for people with limited mobility or breathing difficulties
- Gentle or seated exercise aimed at improving your mobility, flexibility and strength
- Just turn up & pay at reception

Specific sessions are run throughout the week at leisure centres across the city.

For timetables go to: active.leeds.gov.uk/classesandactivities

**Exercise - Fun Physio4Kids**

Exercise class for children with mild disabilities and those who struggle in PE or with physical activities, led by qualified physiotherapists.

- Working on balance, co-ordination, strength, fitness and fun.
- For children aged 7 to 10
- £3 per session (payable termly)

Contact Jane or Kathy on: funphysio@hotmail.co.uk

Armley Leisure Centre
Tuesdays (term time)
4.30pm to 5.30pm

**Exercise - Weights & Fitness Session**

Weights & fitness activity for people with a physical injury or disability, specialising in mobility & co-ordination.

- For people with a disability, recovering from an injury or illness
- 16 years +
- Weights room session (all morning), Circuit 10-11am

For more information please contact Armley leisure centre:
Tel: 0113 3367880
Email: armley.lc@leeds.gov.uk

Armley Leisure Centre
Monday, Wednesday & Friday
9.30am to 12noon

active.leeds.gov.uk/disabilitysport
Fencing - Leeds Fencing Club

- Suitable for all ages 12+ (beginners must attend an 8 week course first)
- Wheelchair fencing available by arrangement

For further information contact club secretary Karen Garvie:
E-mail: info@leedsfencing.co.uk
Tel: 0113 2742262

Kirkstall leisure centre, Kirkstall Lane, Leeds LS5 3BE

Mondays, 6:30pm to 8pm (beginners)
8pm to 10pm (intermediate/advanced)

Football - Sunshine FC

- A football club for children and young people who have Downs syndrome.
- Open to players aged 4 to 10
- Supported by The Leeds United Foundation

E-mail: sunshineandsmiles@ virginmedia.com or joannarowlands@hotmail.co.uk

www.sunshineandsmiles.org.uk

Football World, Pontefract Lane, Leeds, LS9 0RA
Monthly sessions
Sundays, 10am to 11am
Football - Leeds Deaf Juniors Football Club

- Regular football coaching sessions for deaf and hard of hearing children
- For ages 3 to 16 years old, boys and girls

For further information please visit:
www.leedsdeafjuniorsfc.co.uk
Or text/e-mail Paul Young:
07897 484 879
E-mail: paulphonak@gmail.com
Twitter: @phonakpaul

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Football - Leeds Powerchair Football Club

- Powerchair Football is accessible to all power wheelchair users regardless of age and gender
- Sessions run every week at David Young Community Academy in Leeds
- For further info please contact Helen Chappell:
  leedspowerchairfc@hotmail.com
Danby Rovers is open to adults (16+) from the local community that may have a learning or physical disabilities.

The aim is to focus on ability as opposed to disability and to encourage participation and socialisation through sport.

Currently train three times a week and play friendly fixtures as well as playing in the Ability Counts league.

£1.60 per session

£30 membership for the season

Website: www.danbyrovers.co.uk

Thomas Danby Community Sports Campus (astro-turf)

Mondays 6.00 to 8.00pm

Wednesdays 6.00 to 7.00pm

Saturdays 10am to 12pm

Football – Leeds United Foundation Adults Pan Disability

- The Adult Turn up and Play programme is aimed at players with a disability who have a high level of mobility, physical fitness and tactical awareness.

The programme caters for players aged 16 and over across the disability spectrum, this could be a Mild Learning Difficulty, Autistic Spectrum Disorder, a Physical Difficulty or Sensory Impairment, Mental Health.

With the wealth of knowledge and experience our coaches have of both football and working with players with a disability. The session will be conducted in a safe, enjoyable environment for players with a disability to and develop their involvement in football.

Venue: Ramgarhia Sikh Sport Centre - 8-10 Chapeltown Rd, Leeds LS7 3AP

Time: 12pm – 1pm

Day: Thursday

Cost: £3

For more information Please Call 0113 367 6014 or email Anthony.Hall@leedsunited.com
Football - Leeds United Foundation Junior Pan Disability

The Junior Turn up and Play programme offers children with a disability aged 5-16 across Leeds a regular coaching, development and competition structure. The programme caters for players across the disability spectrum from Mild Learning Difficulty and Autistic Spectrum Disorders through to Physical Difficulties and Sensory Impairments.

Unfortunately at this time we cannot cater for B1 (Completely Blind) players and Wheelchair users, however other opportunities do exist so please contact us.

**Venue:** Ramgarhia Sikh Sport Centre - 8-10 Chapeltown Rd, Leeds LS7 3AP

**Time:** 5pm – 6pm

**Day:** Thursday

**Cost:** £3

For more information please call 0113 367 6014 or email: Anthony.Hall@leedsunited.com

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Football - Leeds United Foundation Framed and Cerebral Palsy (CP)

The Training sessions are aimed at Framed users and Cerebral Palsy (CP) players. The sessions cater for players aged 5-16.

The sessions will be lead in an safe enjoyable environment and develop their involvement in football. Please come along to meet new people and again new football skills.

**Venue:** Ramgarhia Sikh Sport Centre - 8-10 Chapeltown Rd, Leeds LS7 3AP

**Time:** (5pm – 6pm)

**Day:** Tuesday

**Cost:** £3

For more information please call 0113 367 6014 or email: Anthony.Hall@leedsunited.com
The Training sessions are aimed at players with Visual Impairment (VI) and who have a high level of mobility, physical fitness and tactical awareness. The sessions cater for players aged 5-16. Unfortunately at this time we cannot cater for B1 (Completely Blind) players.

With the wealth of knowledge and experience our coaches have of working with players of both Visually Impaired (VI) footballers, the sessions will be led in a safe, enjoyable environment and develop their involvement in football.

Venue: Ramgarhia Sikh Sport Centre - 8-10 Chapeltown Rd, Leeds LS7 3AP

Time: (12.30pm – 2.30pm)

Day: Saturday

Cost: £3

For more information please call 0113 367 6014 or email: Anthony.Hall@leedsunited.com

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Golf - Leeds Disability Golf

- For all ages and disabilities
- Award winning PGA golf coaches
- All equipment supplied
- £3 per session
- GolfMark club of the year 2014

To book your place on the sessions or for further information, contact:

Paul O’Donnell

Cookridge Hall Golf Club

Cookridge Lane

Leeds, LS16 7NL

Mondays (during term time)

6.00 to 7.00pm

E-mail: paulodonnell@pre-shot.co.uk
Goalball - West Yorkshire Goalball club

- Open to new, development and experienced players with a visual impairment (sighted players also welcome).
- Sessions run on Sundays
- Aged 14+

For further information please contact Kathryn Fielding:
Tel: 07795 263642
e-mail: Kathryn@achievepotentials.co.uk

Armley Leisure Centre, Carr Croft, Leeds, LS12 3HB

Gymnastics - Leeds Esprit Gymnastics Club

- Gymnastics classes suitable for young people who have a disability.
- Cost - £4.65 per class plus £25.00 Annual British Gymnastics / Club Membership and insurance (this membership runs from September - September)
- One to ones available

For further information please contact Chris Walker:
Tel: 0113 2853392 Mobile: 0791 7711405
Email - info@leedsesprit.com
Website: www.leedsesprit.com

Leeds Esprit Gymnastics Club, Hough Top Court, Bramley, Leeds LS13 4QP

Saturdays 1.15pm to 2.00pm
Gymnastics - Disability Class

For children aged 5-10yrs who require additional support for taking part in gymnastics.

Where: Holt Park Active
When: Mondays 3.45-5.15pm (term time only)

Incorporating activities on gymnastics equipment to improve:

- Motor skills
- Strength
- Balance
- Confidence

Led by an experienced and qualified gymnastics coach.

Children must attend with a parent/ carer.

To arrange a visit please call us on the number below:

Please get in touch:
0113 378 1301

https://active.leeds.gov.uk/gymnastics
Lineham Farm Childrens Centre

- Wheelchair abseiling, indoor climbing wall, low ropes, high ropes, mountain biking, archery, orienteering for ages 7 to 25 years old.
- A range of adapted bikes for 11 to 25 years old.
- Programmes can be tailor made to suit your needs.
- Sessions could be residential or day visits at weekends or in school holidays or twilight (e.g. Tues, Wed or Thurs 4pm-7pm)

For more information call: 0113 230 0959 or enquiries@linehamfarm.co.uk

Website: www.linehamfarm.co.uk

active.leeds.gov.uk/disabilitysport
Leeds Let’s Get Active

- A programme of physical activity opportunities available to everyone.
- The programme sees 17 leisure centres offering a minimum of one hour subsidised access every day of the week, depending on site, this includes gym, swim, some fitness classes and racket sports.
- The programme also includes activities in local parks such as social walks, beginner running groups and family activities.
- Everyone must register to be a part of this programme – this can be done by visiting [www.leedsgetsactive.co.uk](http://www.leedsgetsactive.co.uk). The website also details all activities available.

Joint funded by Sport England and Leeds City Council, Public Health.

Leeds Disabled Sports Association

- Suitable for both adults and children
- Yearly membership - £5 adults; £2.50 under 18 years
- Small weekly session charge
- Activities include swimming, Boccia and use of the Bodyline gym
- Social club

For more information please contact

Armley leisure centre, Tel: 0113 336 7880, email: armley.lc@leeds.gov.uk
or the secretary of the club Margaret Horner, Tel: 0113 279 3110
Multi sport club
Time: 8-9pm
Venue: Priesthorpe School

Leeds Stars Swimming Club
When: Wednesday nights
Time: 6-7pm
Venue: Kirkstall Leisure Centre
Contact: grace.purnell@peopleinaction.org.uk
Or 0113 2443729

Multi Sports - Actionnaires

- Multi sport club for blind and partially sighted
- Free session
- Suitable for 8 to 16 year olds. Under 8s can attend with a parent
- Run by Action for Blind People
- Activities include: football, Goalball, Boccia & athletics
- Siblings welcome to attend too

For further information please contact: Karen Hirst or Craig Brown, on 0113 3862800
or email: cypfyorkshireandhumber@actionforblindpeople.org.uk

MUSCSEL - Meeting Up for Social, Community, Sport, Exercise & Leisure

The project is funded and staffed as part of Leeds City Council's Adult Social Care Community Alternatives Team. It offers support to adults living in Leeds, who are experiencing a mental health problem, to encourage a greater independent uptake of opportunities within the community, which aim to increase physical fitness, reduce social isolation and promote social inclusion.

MUSCSEL take telephone referrals from within mental health services and take self-referrals. After referral to the project we help people access activities they are interested in. These can be as part of our existing group e.g. football, badminton, walks or on an individual basis with a worker e.g. cycling, gym, swimming. Staff are on hand to safely support people during the activities, thus helping to reduce anxiety and build confidence. The costs of activities are often subsidised by the project. New volunteers to work with the project are welcome.

For further information please contact Dan Adams on 0113 271 9851 or e-mail daniel.adams@leeds.gov.uk
Outdoor Activities – Leeds Sailing & Activity Centre

- Suitable for adults & children, individuals or groups
- Individual or multi activity sessions available
- Bookings can be hourly, half or full day, courses or one-off sessions
- Sailing
- Kayaking and canoeing
- Off road biking
- Mountain trikes (mountain bike wheelchairs)
- Orienteering (level route)
- Traversing wall (low level)
- Unique indoor cave (with accessible flat lower level)

Disability Outdoor Activities Clubs – Tuesdays & Fridays during the summer,

A great chance to enjoy sailing, canoeing, indoor caving and kayaking sessions. Places must be booked in 5 week blocks and are limited so booking is essential.

All Leeds sailing and activity centre instructors have National Governing Body awards plus experience working with disabled people and adapting activities to suit individual needs.

There are a wide range of specialised equipment for disability use including kayaks with contoured seats and back supports, sailing boats specifically adapted for disability use and a jetty hoist.

For further information please contact the Sailing and Activity centre:
Tel: 0113 378 1271 or e-mail: sailingcentre@leeds.gov.uk
Rugby - Leeds Rhinos Wheelchair Tag Rugby League Club

- Open to anyone with or without a disability
- Suitable for both adults and children
- Run by Spider-Y, a registered charity

For further information, please contact the club chairman:

Andy Gardner – andyg@leedsspiders.org.uk
Tel: 07769 938 798
www.leedsspiders.org.uk

Sailing - Otley Sailing Club

- RYA Sailability centre
- “Access Dinghies” available to use
- Individual membership available
- Sessions also available for disabled groups and schools

For further information please contact John Carberry:
Tel: 0193 758 7138
E-mail: ejcarberry@gmx.com
http://www.otley-sailingclub.co.uk/

Otley Sailing Club,
Bridge End Quarry,
Otley,
LS21 2SU

active.leeds.gov.uk/disabilitysport
SNAPS provides opportunities for children and adults with special needs as well as information, advice & resources for parents & carers.

Activities include:
- Hydrotherapy sessions
- Swimming lessons
- Dance classes
- Summer scheme programmes

For further information about SNAPS:
Tel: 07813 028 594   Email: chriseatwell@aol.com   Website: www.snaps-vol.org.uk

Strength and Mobility Class

Targeted exercises and games to improve muscle strength and flexibility, the class is specially designed for people with MS, but is also suitable for those with reduced mobility resulting from a neurological condition or impairment.

- Partners and carers welcome
- £5 per session, booking essential

For details please contact the MS Society Leeds
Free phone helpline : 0800 111 4324
Email: leeds@mssociety.org.uk

Fortnightly on Thursday 11am—12 noon
Suitable for adults, and wheelchair users

Armley Leisure Centre
Carr Croft, Leeds, LS12 3HB
In all our pools we run a learn to swim programme. We try wherever possible to integrate children into mainstream swimming lessons, which could mean adaptions to the lesson to include the parent or carer in the water to give assistance and support.

Where adaptions to a swimming lesson haven’t worked then we offer group disability swimming lessons. Here children work in small groups with children of a similar ability. For those children who require assistance and support in the water this is provided by the parent or carer or where possible a volunteer. Depending on ability the children work towards three ASA award schemes, Duckling Awards, Alpha Steps Awards and Stage Awards in the Learn to Swim Framework. Lessons are of one hour duration with the last twenty minutes a free play. Lesson payment is the same as all our Learn to Swim lessons via a monthly direct debit payment. All sessions are taught by ASA/UKCC Level 2 qualified teachers.

Current Disability Swimming Lessons
Aireborough Leisure Centre  Sunday 4.00pm to 5.00pm
Armley Leisure Centre  Saturday 3.00pm to 4.00pm
Fearnville Leisure Centre  Tuesday 5.45pm to 6.45pm
Holt Park Active  Saturday 4.30pm to 5.30pm
Pudsey Leisure Centre  Sunday 4.00pm to 5.00pm
Wetherby Leisure Centre  Friday 2.30pm to 3.30pm

General Public Swimming
Aireborough, Armley, Holt Park, John Charles, John Smeaton, Morley, Rothwell and Scott Hall leisure centres are all ideal for general public swimming, due to good access, for example ramps, handrails, lifts, hoists and changing facilities.

Hydrotherapy
Both Armley LC and Holt Park Active have hydrotherapy pools, contact the centre directly to book a session.

Swimming – group sessions for disabled people

Armley leisure centre
Leeds Disabled Sports Association
Tuesday  7pm to 8pm
• Leisure swim with small amount of ‘instruction/encouragement’
• ASA qualified teacher in attendance

Holt Park Active
Monday  7.15pm to 8.15pm
• Disability swimming session

Fearnville leisure centre
Wednesday  6.15pm to 7pm
• Instruction or leisure swim available
• ASA qualified teachers in attendance, in pool and on side
• Families welcome
• All ages
There are a number of sessions available throughout Leeds for children and adults to learn to swim/improve their swimming or simply swim for fitness or for social reasons. Leeds City Council runs some of these sessions and private clubs hiring the facilities runs others. Sessions are suitable for both adults and juniors unless stated. All centres have pool hoists if required.

**Carers for disabled people attending sessions can do so free of charge.**

**John Charles Centre for Sport**

- **Monday** 7.15pm to 8.15pm
- **Friday** 12pm to 12.45pm
  - Aquatics centre
  - Leisure swim (no instruction)
  - Shallow water
  - For adults and children

**Scott Hall leisure centre**

- **Thursday** 2.30pm to 3.30pm (term time)
  - Instruction or leisure swim available
  - ASA qualified teachers in attendance

**Morley leisure centre**

- **Sunday** 5pm to 6pm
- **Wednesday** 7.15pm to 8.15pm
  - Leisure swim with small amount of instruction / encouragement
  - Qualified ASA club coach staffs the session

**John Smeaton leisure centre**

- **Monday** 1.30pm to 2.30pm
  - Instruction or leisure swim available
  - ASA qualified teachers in attendance
  - Families welcome
  - All ages

**Wetherby leisure centre**

- **Monday** 11.30am to 12.15pm (large pool)
- **Monday** 8.15pm to 9pm (small pool – leisure swim)
- **Thursday** 3.00pm to 3.45pm (large pool – leisure swim)
  - Leisure swim with small amount of ‘instruction / encouragement’
  - ASA qualified teachers in attendance

**Kirkstall leisure centre, Leeds Asthmatic Swimming Club**

- **Friday** 7pm to 8pm
  - Swim coaching
  - Qualified ASA teachers

Contact **David Grubb** on 01845 567005

**Pudsey leisure centre**

- **Sunday** 3.30pm to 4.15pm
  - Drop-in swimming lessons / leisure swim for disabled people (children and adults)
Tennis - Wheelchair Tennis

- Weekly tennis coaching sessions
- For any ability level
- Suitable for anyone with a physical disability
- Sports wheelchairs available to use or use your own
- £5.20 per session

Mondays
Juniors 7.00pm to 8.30pm
Adults 7.00pm to 9.00pm
(term time only)

Tennis - Learning Disability Tennis

- For ages 8+ and any ability level
- Suitable for anyone with a learning disability
- £3.00 per session

Sundays
1.00pm to 2.00pm
(term time only)

All of the above tennis sessions take place at the indoor tennis centre at the John Charles Centre for Sport and are delivered by LTA qualified, Leeds City Council tennis coaches.

For further information on all of the above sessions contact the tennis centre on:
Tel: 0113 378 8233
E-mail: tennis@leeds.gov.uk
Volunteering in Disability Sport in Leeds

If you have a disability or would like to get involved in disability sport as a volunteer coach, official, referee or administrator there are plenty of opportunities to do this.

To register as a volunteer in Leeds please sign up via www.yorkshiresport.org/login

William Merritt Disabled Living Centre & Mobility Service

The William Merritt Disabled Living Centre provides impartial and independent advice for disabled children and adults of all ages. Assessments, carried out by qualified Occupational Therapists, in a wide variety of areas, are free of charge.

They have displays of equipment for daily living and provide training courses and exhibitions.

The team of Occupational Therapists and a Physiotherapist are there to help you retain or increase your independence.

For more information please visit the website at www.wmdlc.org or call 0113 350 8989.
Leeds City Council are committed to improving access and provision of services within their leisure centres for disabled people.

The following is a guide to leisure centre access and facilities with the aim of allowing you to make a more informed choice.

Key

- P: Reserved parking for disabled people
- 🚶: Level entrance
- 🚶: Ramped access
- 🟥: Steps to entrance
- 🏢: Lowered reception desk
- 🔊: Induction loop available
- ⬈️: Lift available
- 🛀: Accessible changing & shower facilities
- 🚽: Accessible toilet
Leeds City Council Sport & Leisure Centres

**Aireborough leisure centre**
The Green, Guiseley, Leeds, LS20 9BT
Tel: 0113 3781230 Email: LSP.Aireborough.Sport@Leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Lift access to cafe & bar facilities
- Accessible changing and shower facilities
- Adapted changing room and toilet on poolside
- Height adjustable changing bed and shower chair
- Pool hoist (chair – oxford dipper)
- Hand rails are provided on stairs to the pool spectator areas
- **Active Leeds Gym** (equipment includes ergometer bike and dual assisted pulley machine)

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**Armley leisure centre**
Carr Croft, Armley, Leeds, LS12 3HB
Tel: 0113 336 7880 E-mail: armley.lc@leeds.gov.uk

- Reserved parking for disabled drivers
- Level access
- Automatic entrance doors
- Induction loop
- Lift access to upper floor
- **Changing places standard changing facilities** for aquatics, dry sports and Bodyline, all with H frame hoist – tracking
- Main 25 metre pool with pool hoist access & graded steps
- Teaching / small pool 10 x 10 step access and pool hoist
- **Hydrotherapy pool** 10 x 8 step access and H frame hoist – tracking
- Large fully accessible **Active Leeds Gym** (equipment includes hand cycles and dual assisted pulley machine) plus many other IFI accredited machines.
Chippindale pool
Newall Carr Road, Otley, Leeds, LS21 2BB
Tel: 01943 466852
Email: LSP.aireborough.sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Ramped entrance
- Accessible changing and toilets
- Pool hoist

Fearnville leisure centre
Oakwood Lane, Leeds, LS8 3LF
Tel: 0113 3781260 Email: LSP.fearnville.sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Ramped entrance
- Automatic entrance doors
- Induction loop
- Accessible changing / shower facilities and accessible toilet
- Height adjustable changing bed
- Pool hoist (chair)
- Transfer hoist
- Active Leeds Gym
Garforth leisure centre
Ninelands Lane, Garforth, Leeds, LS25 1NX
Tel: 0113 2860225 Email: LSP.Garforth.Sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Ramped entrance (steeper than 1 in 12)
- Automatic entrance doors
- Induction loop
- Active Leeds Gym (ground floor)

Holt Park Active
Holtdale Approach, Leeds, LS16 7RX
Tel: 0113 378 1301 Email: holtpark.active@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance with automatic doors
- Lift to other floors
- Induction loop
- Accessible changing and shower with height adjustable changing bed
- Changing places standard changing facilities
- Pool hoist (oxford dipper)
- Hydrotherapy pool
- Adult social care and disability services on site
- Active Leeds Gym (with adapted equipment)
John Charles Centre for Sport, Main stadium
Middleton Grove, Leeds, LS11 5DJ
Tel: 0113 3788000    Email: JCCS@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Lift access to all floors
- Accessible changing and shower facilities
- Transfer hoist
- **Active Leeds Gym** (equipment includes ergometer bike, adapted rower and dual assisted pulley machine)

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John Charles Centre for Sport, Tennis centre
Middleton Grove, Leeds, LS11 5DJ
Tel: 0113 3788233    Email: JCCS@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Accessible changing and shower facilities
- Tactile signage
- Tennis wheelchairs available
- Level access to courts, ramped access to viewing gallery
John Charles Centre for Sport, Indoor Bowls & Athletics centre
Middleton Grove, Leeds, LS11 5DJ
Tel: 0113 3788234 Email: JCCS@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Accessible changing and shower facilities
- Transfer hoist
- Tactile signage
- Level access to all areas

John Charles Centre for Sport, Aquatics centre
Middleton Grove, Leeds LS11 5DJ
Tel: 0113 3788235 Email: JCCS@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Accessible changing and shower facilities
- Large lockers available
- Accessible toilets
- Changing places standard changing facilities
- Height adjustable changing bed
- Ceiling mounted transfer hoist
- Tactile signage
- Induction loop
- Lift to first floor
- Pool hoist (chair and sling attachments)
John Smeaton leisure centre
Smeaton Approach, Off Barwick Road, Leeds, LS15 8TA
Tel: 0113 378 2280 Email: LSP.johnsmeaton.sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible shower, toilet and changing facilities
- Changing bed
- Graded steps into the water (please request use of these at reception)
- Pool hoist (chair and sling attachment)
- Transfer hoist
- Induction loop
- **Active Leeds Gym** (equipment includes hand cycle and dual assisted pulley machine)

Kirkstall leisure centre
Kirkstall Lane, Leeds, LS5 3BE
Tel: 0113 2144556 Email: LSP.Kirkstall.Sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Ramped entrance
- Induction loop
- Lift down to changing rooms, pool and sports hall
- Changing cubicles in wetside changing rooms with accessible toilets
- Transfer hoist
Leeds City Council Sport & Leisure Centres

Kippax leisure centre
Station Road, Leeds, LS25 7LQ
Tel: 0113 3781275  Email: LSP.Kippax.Sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Ramped entrance (steeper than 1in 12)
- Automatic entrance doors
- Ramps on ground floor corridors to provide level access
- Pool hoist (chair)
- Transfer hoist
- Height adjustable changing bed
- Induction loop

Leeds Sailing and Activity centre
Cemetery Road, Yeadon, Leeds, LS19 7UR
Tel: 0113 3781271  Email: sailingcentre@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible shower, toilet and changing facilities
- Adjustable height changing bed
- Transfer hoist
- Lakeside hoist
- Adapted equipment—dinghies, canoes, kayaks, bikes and indoor cave
Middleton leisure centre
Middleton Ring Road, Leeds, LS10 4AX
Tel: 0113 3782455          Email: middleton.active@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance with automatic doors
- **Changing places standard changing facilities**
- Adapted changing and toilets
- Adult social care base
- Induction loop

Morley leisure centre
Queensway, Morley, Leeds, LS27 9JP
Tel: 0113 3367890          Email: morley.lc@leeds.gov.uk

- Reserved parking for disabled drivers
- Level access
- Automatic entrance doors
- Induction loop
- Lift access to upper floor
- **Changing places standard changing facilities** for aquatics, dry sports and Bodyline, all with H frame hoist – tracking
- Main 25 metre pool with pool hoist access & graded steps
- Teaching / small pool 10 x 10 step access and pool hoist
- Large fully accessible **Active Leeds Gym** (equipment includes hand cycles and dual assisted pulley machine)
Leeds City Council Sport & Leisure Centres

Pudsey leisure centre
Market Place, Pudsey, Leeds, LS28 7BE
Tel: 0113 3367686 Email: LSP.Pudsey.sport@leeds.gov.uk

- Induction loop
- Lift down to sports hall
- Ramped entrance (steeper than 1 in 12)
- Limited accessible changing and shower facilities – not directly on poolside
- **Changing places standard changing facilities**
- Pool hoist (chair)
- Transfer hoist
- **Active Leeds Gym** (ergometer bike)

Rothwell leisure centre
Wakefield Road, Leeds, LS26 8EL
Tel: 0113 3367526 Email: LSP.Rothwell.Sport@Leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Lift to first floor and crèche
- Accessible changing and shower facilities (not by the pool)
- Height adjustable changing bed
- Shower chair
- Transfer hoist
- Pool hoist (chair and sling attachment)
- **Active Leeds Gym** – has a range of accessible cardiovascular and resistance equipment
Scott Hall leisure centre
Scott Hall Road, Leeds, LS7 3DT
Tel: 0113 3781285                        Email: LSP.Scotthall.Sport@leeds.gov.uk

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible changing, shower and toilet facility
- Transfer hoist
- Induction loop
- Pool hoist (chair)
- **Active Leeds Gym** (equipment includes dual assisted pulley machine)

Wetherby leisure centre
Lodge Lane, Wetherby, Leeds, LS22 5HA
Tel: 0113 3781265               Email: LSP.Wetherby.Sport@leeds.gov.uk

- Limited reserved parking for disabled drivers
- Poor access due to steps to entrance*
- Induction loop
- Adapted changing and toilet facilities on poolside
- Pool hoist (chair)
- **Active Leeds Gym**

*There is an alternative entrance for mobility impaired patrons. The alternative entrance is located at the side of the leisure centre. Please contact the centre with a time of arrival first should you wish to use this facility to allow the centre management time to open the door for you on your arrival.
Bus and Rail passes: There are 2 kinds of concessionary permits - for elderly people and for disabled and blind people. For more information or a leaflet please contact metro line Tel: 0113 245 7676 or visit www.ticketsandpasses.wymetro.com.

Bus Travel: There are now some fully accessible bus routes in Leeds. Details of which bus routes are now running with easy access buses can be found on the metro website at www.wymetro.com or Tel: 0113 245 7676.

Taxis and Community Transport

Access Bus: Fully accessible door to door transport for anyone unable to use conventional public transport. Access Bus is provided free of charge to eligible West Yorkshire residents. Services operate between 9am and 5pm, Monday to Sunday. A limited evening service is available to groups of five or more. The service is very busy and customers are requested to be flexible in their requests for transport and be prepared to accept alternative days/times if required. For more information visit the metro website www.wymetro.com. People living in the Leeds District can get a registration form by calling 0113 348 1900 between 7.30am and 4pm, Monday to Friday.

Taxis: Taxis and private hire firms in the city with wheelchair accessible taxis and/or minibuses include:

- Streamline: 0113 244 3322 or 0113 263 0404
- Amber Cars: 0113 202 2117
- City Cabs: 0113 246 9999

Travel Advice

MetroLine: Gives information on bus and train times in West Yorkshire and can help you plan journeys. Visit the website at www.wymetro.com or tel: 0113 245 7676.

My Guide: My Guide aims to support blind and partially sighted people to get out, they use appropriately trained volunteers who use guiding techniques to help people with sight loss to work towards the mobility goals they want to achieve. My Guide service can also provide training in sighted guiding techniques to friends and family in order for them to acquire the skills to guide safely. For more information about My Guide call 0345 143 0229 email or myguide@guidedogs.org.uk