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# Inclusive and Disability Sport and Physical Activity Directory 2013

[www.york.gov.uk/disabilitysport](http://www.york.gov.uk/disabilitysport)



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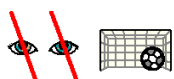
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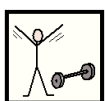
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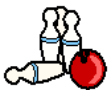
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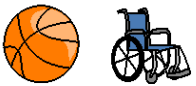
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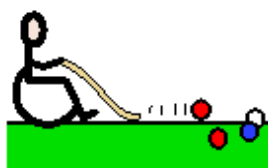
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# Monday

**York Be-Active** Multisports activities such as boccia, table tennis and dance for adults with physical and or learning disabilities.



Tang Hall Community Centre, Fifth Avenue, Tang Hall, YO31 0UG



Mondays 10.00am – 12.00noon



All ages



Physical and or Learning Disabilities



£2.00 per session



Glyn Newberry on 01904 553377

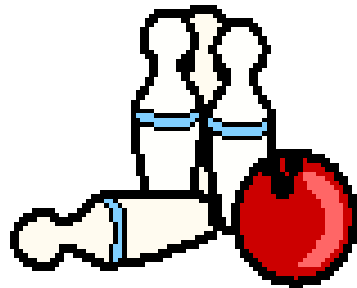


[glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)



# Monday

**Family Ten Pin Bowling** Open to disabled children, their families, parents and carers.



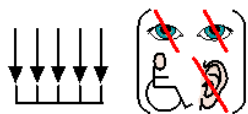
TenPin - Stirling Road, Clifton Moor ,  
YO30 4WZ



1<sup>st</sup> Monday of the month 5.00pm – 6.00pm



All ages



All Disabilities



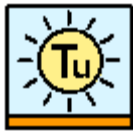
£3.00 for one game



Ruth Thompson on 01904 780880  
Please register with Ruth first.

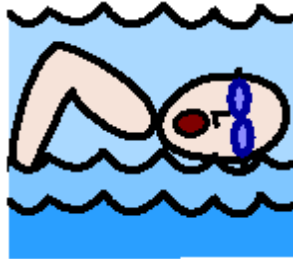


[info@ggt.org.uk](mailto:info@ggt.org.uk)



# Tuesday

**Stars Swimming** A 12 week swimming programme for primary school age disabled children. **Please phone to book.**



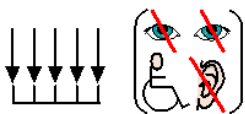
Yearsley Swimming Pool, Haley's Terrace , YO31 8SB



Tuesdays 4.35pm – 5.05pm



5-11 years



All Disabilities



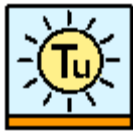
£57.00 for 12 week course



Yearsley Pool on 01904 552424

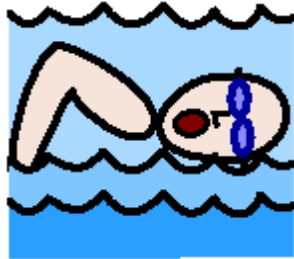


[yearsley.pool@york.gov.uk](mailto:yearsley.pool@york.gov.uk)



# Tuesday

**Swimability** Open swimming sessions for disabled people (and their carers if applicable). The pool temperature is raised for this session.



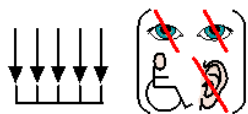
Energise, Cornlands Road, Acomb, YO24 3DX



Tuesdays 10.20am – 11.55am



All ages



All Disabilities



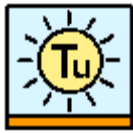
£3.20 per session / York Card £2.45  
Carers attend FREE  
Locker £1.20 which £1 is refundable



Energise on 01904 552424

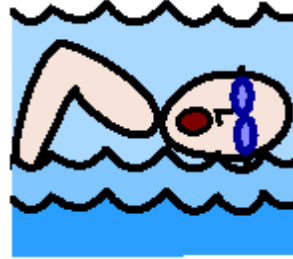


[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Tuesday

**Halliwick Swimming Group** Swimming therapy sessions for disabled people. The pool temperature is raised for this session.



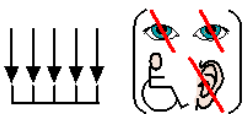
Energise, Cornlands Road, Acomb, YO24 3DX



Tuesdays 10.45am – 11.45am



All ages



All Disabilities



£3.55 per session  
Carers attend FREE  
Locker £1.20 which £1 is refundable

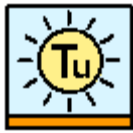


Catherine Butt on 07825 863007



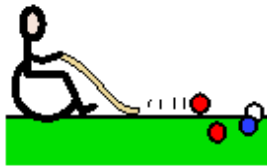
[catherine.butt@york.gov.uk](mailto:catherine.butt@york.gov.uk)





# Tuesday

**Adult Sportsability Club** Multisports activities such as boccia, table tennis, dance and cricket. For adults with any disabilities.



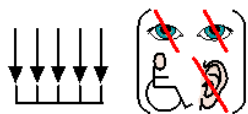
Energise, Cornlands Road, Acomb, YO24 3DX



Tuesdays 10:00am – 12.00noon



Over15's



All Disabilities



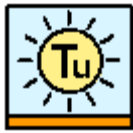
£3.55 per session



Energise on 01904 552424

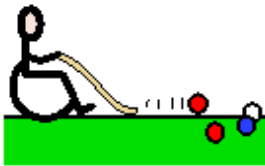


[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Tuesday

**Junior Sportsability Club** Multisports activities such as boccia, table tennis, dance and cricket. For children with any disabilities.



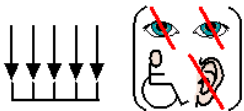
Energise, Cornlands Road, Acomb, YO24 3DX



Tuesdays 4.15pm – 5.45pm



Under 15's



All Disabilities



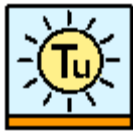
£3.55 per session



Energise on 01904 552424

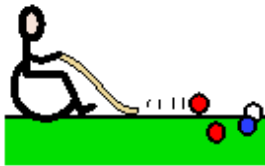


[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Tuesday

**Fitness and Fun** a chance to plan an activity routine with a physiotherapist and enjoy fitness and games



Melbourne Centre (Blueberry Academy,  
Escrick Street, YO10 4AW



Tuesday 11.00am – 1.00pm



Over 16's



Learning Disabilities



£2.00 per session



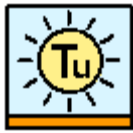
Melbourne Centre on 01904 638885



[acambridge@blueberryacademy.co.uk](mailto:acambridge@blueberryacademy.co.uk)



[www.melbournecentre.org.uk](http://www.melbournecentre.org.uk)



# Tuesday

**Gymability** with free induction. The Energise gym has inclusive equipment which is recognised by the Inclusive Fitness Initiative.



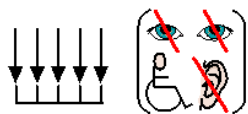
Energise, Cornlands Road, Acomb, YO24 3DX



Tuesdays 11.00am – 12.00noon



Over 15's



All Disabilities



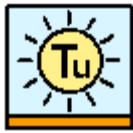
£3.55 per session  
Includes free induction &  
Sportsability Club



Energise on 01904 552424



[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Tuesday

**Adult Climbability** Indoor climbing wall session for adults with a disability.

**Please phone to book on a session.**



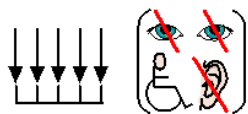
Energise, Cornlands Road, Acomb, YO24 3DX



2<sup>nd</sup> Tuesday 10.00am – 12.00noon



Over 15's



All Disabilities



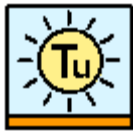
£3.55 per session  
Includes Sportsability Club



Energise on 01904 552424



[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Tuesday

**Junior Climbability** Indoor climbing wall session for children with a disability.

**Please phone to book on a session.**



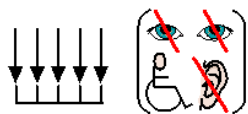
Energise, Cornlands Road, Acomb,  
YO24 3DX



4<sup>th</sup> Tuesday 4.15pm – 5.45pm



Under 19's



All Disabilities



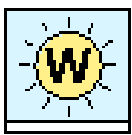
£3.55 per session  
Includes Sportsability Club



Energise on 01904 552424

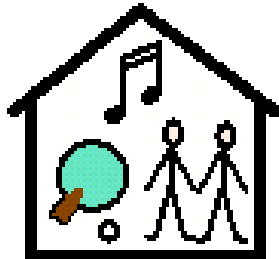


[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Wednesday

**'Choose 2' Youth Club** is for young people up to 25 years old with any disability.



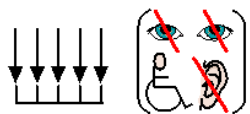
Moor Lane Youth Centre, Wain's Road,  
YO24 2TX



Wednesdays 7.00pm – 9.00pm



Under 25's



All Disabilities



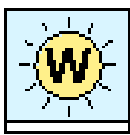
50p per session



Stephen Rouse on 01904 551764



[stephen.rouse@york.gov.uk](mailto:stephen.rouse@york.gov.uk)



# Wednesday

**Inclusive Walks** Monthly walks of around 3 miles for people with a visual impairment. A guide can be provided.



Leave from - York Blind & Partially Sighted Society, 22 Holgate Road, YO24 4AB



Afternoon – contact for exact time



Adult



Visually Impaired



FREE



Ann Mattam on 01904 731123

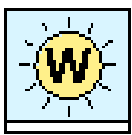


[enquiries@ybpps.org](mailto:enquiries@ybpps.org)



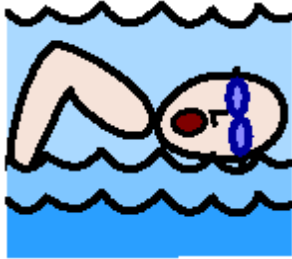
[www.ybpps.org](http://www.ybpps.org)





# Wednesday

**Swimming** Open swimming session with New Earswick Disabled Swimming Club.



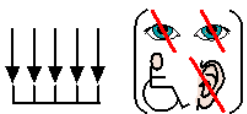
New Earswick Swimming Pool, White Rose Avenue, YO32 4AG



Wednesdays 10.30am – 11.30am



All ages



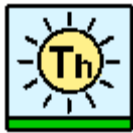
All Disabilities



£1.00 per session  
£10.00 per year membership

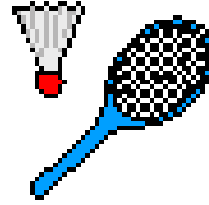
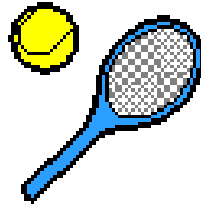


Harry Smith 01904 768385



# Thursday

**Footy Fun** + cricket / tennis and badminton for learning disabled adults.



Melbourne Centre, (Blueberry Academy),  
Escrick Street, YO10 4AW



Thursdays 3.45pm – 4.45pm



Over 16's



Learning Disabilities



£3.00 per session



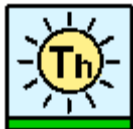
Melbourne Centre on 01904 638885



[acambridge@blueberryacademy.co.uk](mailto:acambridge@blueberryacademy.co.uk)



[www.melbournecentre.org.uk](http://www.melbournecentre.org.uk)



# Thursday

**Danceability** Chair based dance class for adults with disability. Teas and coffees are available teas and coffees are available.



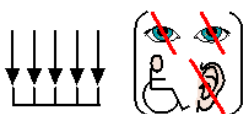
Energise, Cornlands Road, Acomb,  
YO24 3DX



Thursdays 11.00am – 12.00noon



All ages



All Disabilities



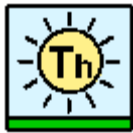
£3.55 per session  
Support workers / carers are FREE



Energise on 01904 552424

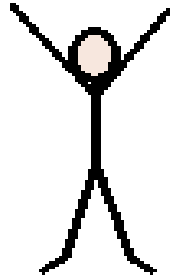


[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Thursday

**Exercise Class** for people with a visual impairment. Both chair and standing exercises. Refreshments available after class.



York Blind & Partially Sighted Society,  
22 Holgate Road, YO24 4AB



Thursdays 10.30am – 11.30am



Adult



Visually Impaired



£2.00 per session



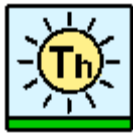
Ann Mattam on 01904 731123



[enquiries@ybpps.org](mailto:enquiries@ybpps.org)

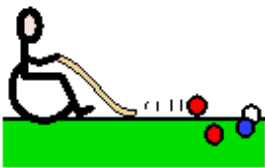


[www.ybpps.org](http://www.ybpps.org)



# Thursday

**Multisports and Wii Games** for learning disabled adults. Refreshments are available to buy.



Melbourne Centre, (Blueberry Academy),  
Escrick Street, YO10 4AW



Thursdays 1.00pm – 3.00pm



Over 16's



Learning Disabilities



£3.00 per session



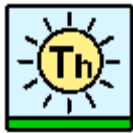
Melbourne Centre on 01904 638885



[acambridge@blueberryacademy.co.uk](mailto:acambridge@blueberryacademy.co.uk)

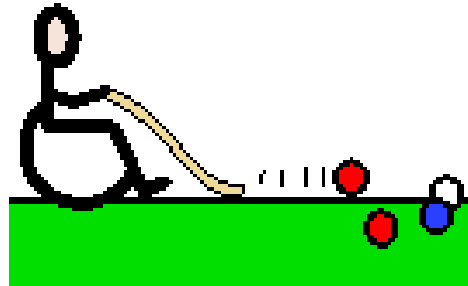


[www.melbournecentre.org.uk](http://www.melbournecentre.org.uk)



# Thursday

**First York Boccia Club** Boccia for adults with a disability.



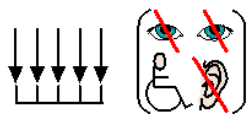
New Earswick Bowls Club, New Earswick, Huntington Road, YO32 9PX



Thursdays May – August 7.30pm – 8.30pm  
September – April 7.00pm – 8.00pm



Over 16's



All Disabilities



£2.00 per session



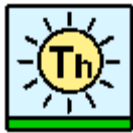
Carol Walker 07815 728945



[dan\\_at\\_home@msn.com](mailto:dan_at_home@msn.com)

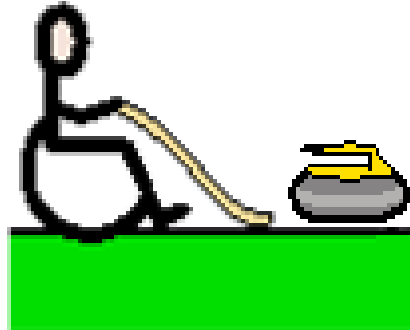


[www.firstyorkboccia.co.uk](http://www.firstyorkboccia.co.uk)



# Thursday

**First York Kurling Club** New Age Kurling  
for adults with a disability.



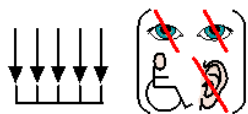
New Earswick Bowls Club, New  
Earswick, Huntington Road, YO32 9PX



Thursdays May – August 6.30pm – 7.30pm



Over 16's



All Disabilities



£1.50 per session for Kurling  
£1.00 if staying for boccia afterwards



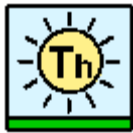
Carol Walker 07815 728945



[dan\\_at\\_home@msn.com](mailto:dan_at_home@msn.com)



[www.firstyorkboccia.co.uk](http://www.firstyorkboccia.co.uk)



# Thursday

**Football** Disability Player Development Centre (PDC) – is for u16's in Years 8,9,10,11.

**Players are selected to attend**



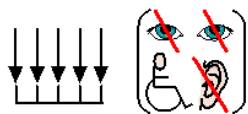
The University of York Sports Centre (indoors), James Way, YO10 5DD



Thursdays 6.00pm – 7.30pm



Under 16's



All Disabilities



£40.00 yearly membership after successful trial



Paul Bird on 01904 704256 or 07721 672976

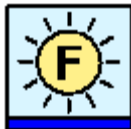


[sportscoach@talktalk.net](mailto:sportscoach@talktalk.net)



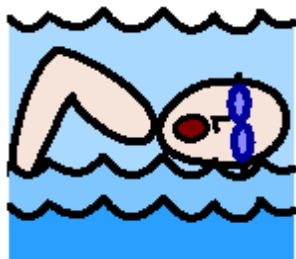
[www.copmanthorpefc.co.uk](http://www.copmanthorpefc.co.uk)





# Friday

**Swimming** Open swimming session with New Earswick Disabled Swimming Club.



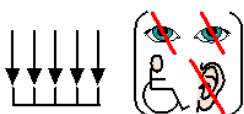
New Earswick Swimming Pool, White Rose Avenue, YO32 4AG



Fridays 10.30am – 11.30am



All ages



All Disabilities



£1.00 per session  
£10.00 per year membership



Harry Smith 01904 768385



# Friday

## Margaret Morris Method Danceability

Session for disabled people.



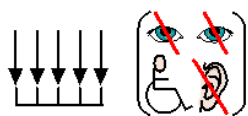
Bell Farm Community Hall, Roche Avenue, Huntington, YO31 9BB



Fridays 10.30am – 11.30am



All ages



All Disabilities



£1.00 per session



Jill Perry on 07896 157691



[jillozmmm@yahoo.com.au](mailto:jillozmmm@yahoo.com.au)



# Friday

**Bowlsability** Carpet bowls + new age Kurling, table tennis and badminton may –aug.



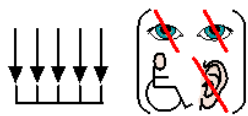
New Earswick Bowls Club, New Earswick, Huntington Road, YO32 9PX



Fridays 12.30pm – 2.00pm



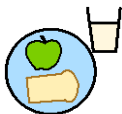
All ages



All Disabilities



£3.00 per session



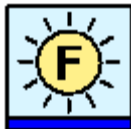
Lunch available from 11.30am



News Earswick Bowls Club  
on 01904 750230



[manager@newearswickibc.co.uk](mailto:manager@newearswickibc.co.uk)



# Friday

**Football** Copmanthorpe Senior Ability Counts football team. Coaching for individuals 16+ years old. Train from September to May.



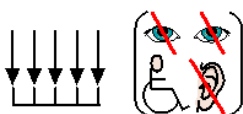
Energise, (outdoors) Cornlands Road, Acomb, YO24 3DX



Fridays 5.00pm – 6.00pm



Over 16's



All Disabilities



£2.50 per session  
£30.00 yearly membership



Paul Bird on 01904 704256 or  
07721 672976



[sportscoach@talktalk.net](mailto:sportscoach@talktalk.net)



[www.copmanthorpefc.co.uk](http://www.copmanthorpefc.co.uk)



# Friday

**Football** Copmanthorpe Junior Ability Counts football team. Coaching for individuals under 15 years old. Train from September to May.



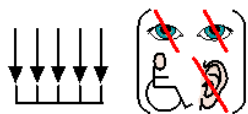
Energise, (indoors) Cornlands Road,  
Acomb, YO24 3DX



Fridays 6.00pm – 7.00pm



Under 15's



All Disabilities



£2.50 per session  
£30.00 yearly membership



Paul Bird on 01904 704256 or  
07721 672976



[sportscoach@talktalk.net](mailto:sportscoach@talktalk.net)

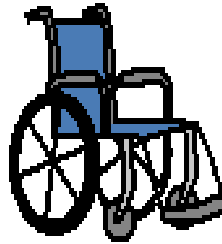
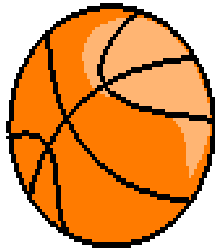


[www.copmanthorpefc.co.uk](http://www.copmanthorpefc.co.uk)



# Friday

**Wheelchair Basketball** run by York wheelchair basketball club and York University. Wheelchair basketball chairs are provided.



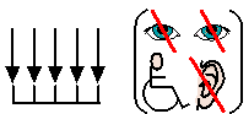
The University of York Sports Centre,  
James Way, YO10 5DD



Fridays 6.00pm – 8.00pm



All ages



All Disabilities



£2.50 per session



Nicola Stacey on 07714 163500

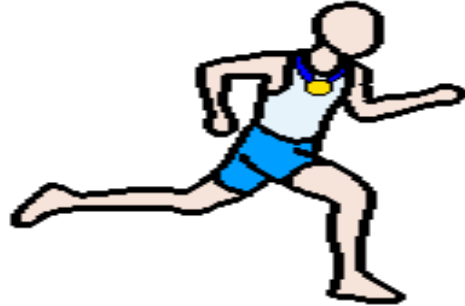


[yorkwheelchairbasketball@gmail.com](mailto:yorkwheelchairbasketball@gmail.com)



# Friday

**Athletics** City of York 'No Limits' Disability Athletics Club.



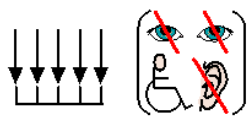
Outdoor - Huntingdon Stadium on track and field, Kathryn Avenue YO32 9XX  
Indoor – The Cube, Canon Lee School, Rawcliffe Drive, YO30 6PE



Fridays - Outdoor - 7.00pm - 8.00pm  
April – September  
Fridays - Indoor - 6.00pm - 7.00pm  
October - March



All ages



All Disabilities



£45.00 per year membership,  
no session fee



Paula Bird on 0771 682 8630



[paulabird1@talktalk.net](mailto:paulabird1@talktalk.net)



# Saturday

**Football** North East and Yorkshire Regional Cerebral Palsy (CP) Team for players with CP aged 16+ **INVITE ONLY – TRIALS**



Energise, (outdoors) Cornlands Road, Acomb, YO24 3DX



Saturdays 9.30am – 11.30am



Over 16's

**CP**

Cerebral Palsy



£50.00 Yearly membership



Paul Bird on 01904 704256 or 07721 672976



[sportscoach@talktalk.net](mailto:sportscoach@talktalk.net)



[www.copmanthorpefc.co.uk](http://www.copmanthorpefc.co.uk)

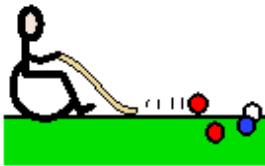




# Saturday

## York St. John Inclusive Activity Club

including boccia, kurling, table tennis, cricket and golf for anyone aged 12+ with a physical or learning disability.



Foss Sports Hall, York St. John University, Lord Mayors Walk, YO31 7EX



Saturdays 10.15am – 11.45am  
University term time only.



Over 12's



Physical and or Learning Disabilities



£2.00 per session



Jo Illingworth 07792 451332



[joanne.illingworth@yorksja.ac.uk](mailto:joanne.illingworth@yorksja.ac.uk)

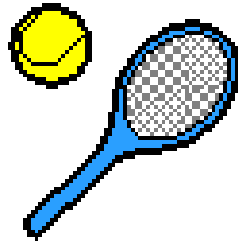


[www.ysjiac.org](http://www.ysjiac.org)



# Saturday

**Tennisability** Tennis coaching for learning disabled juniors and young adults.



Bootham Junior School, Rawcliffe Lane, YO30 6NP



Saturdays 11.00am – 12.00noon



8 years +



Learning Disabilities



£5.00 per session paid in 6 week blocks.



Bev Cairns on 07721 368173

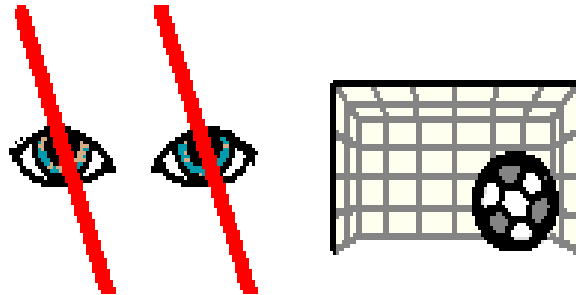


[bevcairns@talk21.com](mailto:bevcairns@talk21.com)



# Saturday

**York Goalball Club** for visually impaired adults and young people aged 12+



Foss Sports Hall, York St. John University, Lord Mayors Walk, YO31 7EX



Saturdays 12.15pm – 1.30pm Novice  
Saturdays 1:30pm – 3:00pm Intermediate  
Saturdays 3.00pm – 4.30pm Elite



Over 12's



Visual Impaired



£2.00 per session



Robert Avery 07966 298641



[r.avery@yorksja.ac.uk](mailto:r.avery@yorksja.ac.uk)



[www.facebook.com/yorkgoalballclub](http://www.facebook.com/yorkgoalballclub)

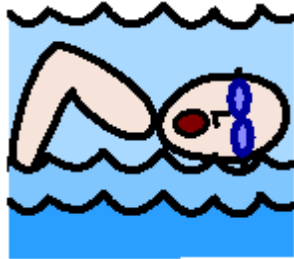


[www.ysjiac.org](http://www.ysjiac.org)



# Sunday

**Swimability** Open swimming sessions for disabled people (and their carers if applicable). The pool temperature is raised for this session.



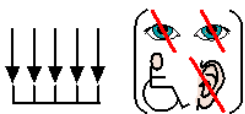
Energise, Cornlands Road, Acomb,  
YO24 3DX



Sundays 3.00pm – 3.55pm



All ages



All Disabilities



£3.20 per session / York Card £2.45  
Carers attend FREE  
Locker £1.20 which £1.00 is refundable



Energise on 01904 552424



[energise@york.gov.uk](mailto:energise@york.gov.uk)



# Sunday

**Special Olympics Swimming** for anyone with a learning disability who wants to learn to swim, improve their technique or train to take part in competition. Coaching is provided by Team Jorvik.



The Mount School swimming pool,  
Dalton Terrace, YO24 4DD



Learn to Swim (for people that are unable to swim independently):  
11.00am – 11.40am



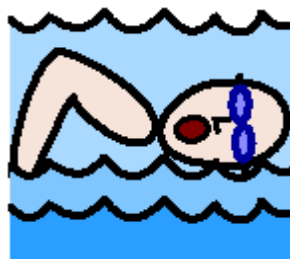
Swim Improvers (for independent swimmers who would like to develop their technique): 11.40am – 12.20pm



Coaching for Competition:  
12.20pm – 1.00pm



All ages



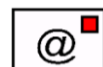
Learning Disabilities



FREE taster session,  
Then £2.50 per session  
Payable in Blocks



Paul Ramskill 01904 553377

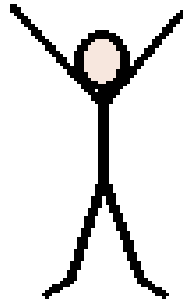


[paul.ramskill@york.gov.uk](mailto:paul.ramskill@york.gov.uk)



# Sunday

**KEEN** Multiskills and multisports for disabled children aged 8-11 years old.



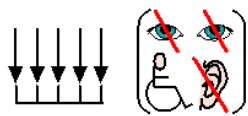
The University of York Sports Centre,  
James Way, YO10 5DD



Sundays 1.00pm – 2.00pm



7 – 11 years olds



All Disabilities



Free



Trent Cannon on 01904 322195

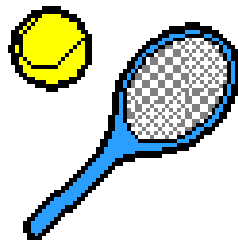


[keen@yusu.org](mailto:keen@yusu.org)



# Sunday

**Tennis** for people with a visual impairment.



David Lloyd Sports Centre, St. Johns  
Playing Fields, Hull Road, YO10 3LG



Sundays 2.00pm – 3.00pm



Over 8's



Visual Impairment



£2.00 per session



Andy Crockett on 07926 172939



[crockettfamily1@btinternet.com](mailto:crockettfamily1@btinternet.com)



# Sunday

**Trampolining** Sessions are held monthly by National Autistic Society - York Central. Places are limited so please phone in advance.



Energise, Cornlands Road, Acomb, YO24 3DX



3<sup>rd</sup> Sunday of each month  
10.00am – 12.00noon



5 -16 years olds



Autistic



£3.00 per session



Alison Watson on 01904 655648



[neilwatson2813york@talktalk.net](mailto:neilwatson2813york@talktalk.net)



# ↓ Other groups

**Inclusive Health Walks** Take place regularly in York. Please check first for accessibility of route.



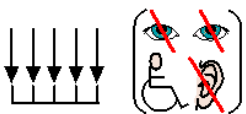
Various locations across city



All days of the week 30min-2hrs  
Please phone for session dates



Adult



All Disabilities



FREE



Sarah Prescott on 01904 553377



[sarah.prescott@york.gov.uk](mailto:sarah.prescott@york.gov.uk)



[www.york.gov.uk/info/200289/walking](http://www.york.gov.uk/info/200289/walking)

# ↓ Other groups

**Tumble Tots** welcome disabled children aged 6 months to 7 years to take part in their physical play classes. They have had support from the Paediatric Physiotherapists at York Hospital to ensure that their sessions are inclusive and accessible for disabled children.



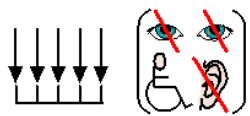
Various venues across York



Various times



under 7's



All Disabilities



£5.95 per session and £22.00 annual membership.



Lucy Ford on 01904 412381



[tumbletotsyork@googlemail.com](mailto:tumbletotsyork@googlemail.com)



[www.tumbletots.com/york](http://www.tumbletots.com/york)

# ↓ Other groups

**Special Olympics City of York** gives people with learning disabilities the chance to train and compete in, tennis, new age kurling, swimming, boccia, bowls and athletics.



All ages



Learning Disabilities



Paul Ramskill on 01904 553377



[paul.ramskill@york.gov.uk](mailto:paul.ramskill@york.gov.uk)



[www.specialolympicscityofyork.org](http://www.specialolympicscityofyork.org)

# ↓ Other groups

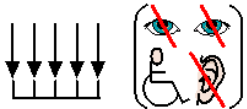
**Get Cycling** Various adapted bikes are available for hire from 'Get Cycling'.



Get Cycling CIC, 22 Hospital Fields Road, YO10 4DZ



All ages



All Disabilities



Various. £50.00 deposit and photo Id required



Get Cycling on 01904 636812



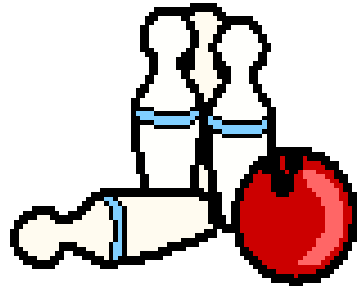
[hire@getcycling.org.uk](mailto:hire@getcycling.org.uk)



[www.getcycling.org.uk](http://www.getcycling.org.uk)

# ↓ Other groups

**Virtual Ten Pin Bowling League** open to anyone with a disability. Play where and when you want.



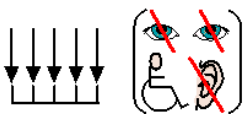
Play where ever you want.



Play when ever you want  
League – 1<sup>st</sup> April – 30<sup>th</sup> September  
Join at any time during the league.



All ages



All Disabilities



League is FREE – Just cost of bowling



Glyn Newberry on 01904 553385



[glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)



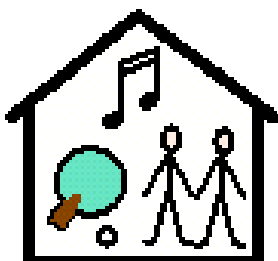
[www.york.gov.uk/disabilitysport](http://www.york.gov.uk/disabilitysport)



# ↓ Other groups

**WhizzKidz** York ambassador club – is a youth club open to young people with a physical disability and their brother/sisters.

**Please PreBook**



Moor Lane Youth Centre, Wain's Road  
YO24 2TX



Every 6-8 weeks – 10:00am – 3:00pm  
28<sup>th</sup> May / 22<sup>nd</sup> July / 1<sup>st</sup> Sept / 28<sup>th</sup> Oct



8 – 25 years olds



Physical Disabilities



FREE



Chris Greenhalgh 07795 325 928



[c.greenhalgh@whizz-kidz.org.uk](mailto:c.greenhalgh@whizz-kidz.org.uk)



[www.kidz-unlimited.org.uk](http://www.kidz-unlimited.org.uk)



# Contact Us



City of York Council, Sport and Active Leisure,  
West Offices, Station Rise, York, YO1 6GA

**Glyn Newberry**  
**Disability Sport and Physical  
Activity Coordinator**



01904 553385



[glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)

**Jason White**  
**Disability Sport and Physical  
Activity Coordinator**



01904 552045

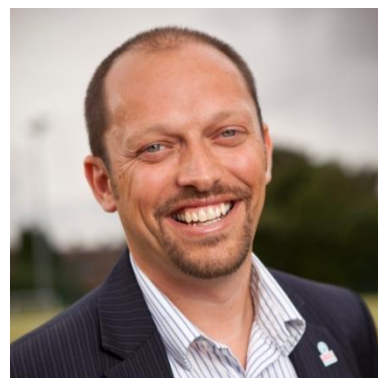


[jason.white@york.gov.uk](mailto:jason.white@york.gov.uk)

**Paul Ramskill**  
**Everybody Active – Targeted  
Programme Coordinator**



01904 553372



[paul.ramskill@york.gov.uk](mailto:paul.ramskill@york.gov.uk)



# Inclusive Facilities



**Energise** have a number of inclusive facilities including a hydrotherapy pool and main swimming pool (with hoist for changing if requested in advance), a gym which is **IFI accredited**, a climbing wall with adapted kite harnesses and full level access to all other areas such as changing rooms, sports hall and café. Energise promote a number of inclusive sessions that are included in this directory such as Sportsability, Climbability, Gymability and Swimability amongst others.

Check out the disabled access guide to Energise:



[www.disabledgo.com/en/access-guide/energise/city-of-york-council](http://www.disabledgo.com/en/access-guide/energise/city-of-york-council)



Energise, Cornlands Road, Acomb, York, YO24 3DX



01904 552424



[www.york.gov.uk/energise](http://www.york.gov.uk/energise)



[energise@york.gov.uk](mailto:energise@york.gov.uk)





# Inclusive Facilities



## Yearsley Swimming Pool

Has accessible features including specialist changing facilities, level access and automatic doors, 4 blue badge car parking spaces and a manual hoist into the pool. There are also steps into the pool with handrails on both sides.



Check out the disabled access guide to Yearsley:

[www.disabledgo.com/en/access-guide/energise/city-of-york-council](http://www.disabledgo.com/en/access-guide/energise/city-of-york-council)



Yearsley Swimming Pool, Haley's Terrace,  
Haxby Road, YO31 8SB



01904 552424



[www.york.gov.uk/leisure/sports/Sports\\_facilities/Yearsley\\_swimming\\_pool/](http://www.york.gov.uk/leisure/sports/Sports_facilities/Yearsley_swimming_pool/)



[yearsley.pool@york.gov.uk](mailto:yearsley.pool@york.gov.uk)



# Inclusive Facilities



**University of York** have a gym which is **IFI accredited** (see below) and on level access. More information about their accessible facilities are available upon request using the contact details below.



Sports Centre, University of York,  
Heslington, York, YO10 5DD



01904 323855



[www.york.ac.uk/univ/sports/index.html](http://www.york.ac.uk/univ/sports/index.html)



## Inclusive Fitness Initiative

The Inclusive **Creating Inclusive Environments**ises centres providing accessible facilities, fitness equipment and advice to customers with disabilities. The three **IFI accredited** centres in York are listed above. For more information on the Inclusive Fitness Initiative, visit:



[www.inclusivefitness.org](http://www.inclusivefitness.org)



# Also Nearby

**North Yorkshire Sport** disability sport website lists disability sports groups across North Yorkshire:



[www.northyorkshiresport.co.uk/disability1/disability-sub-page-1](http://www.northyorkshiresport.co.uk/disability1/disability-sub-page-1)



Simon Pierce on 01423 556782



[simon.pierce@harrogate.gov.uk](mailto:simon.pierce@harrogate.gov.uk)

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**Leeds** City Council disability sport programme:



[www.leeds.gov.uk/Health\\_and\\_social\\_care/Disabilities/Disability\\_sport.aspx](http://www.leeds.gov.uk/Health_and_social_care/Disabilities/Disability_sport.aspx)



Ross Bibby on 0113 3950159



[ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

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**Selby** District Council disability sport directory available upon request:



James Chapman on 01757 213758



[j.chapman@wlct.org](mailto:j.chapman@wlct.org)



# Useful Websites

**British Blind Sport (BBS)**

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

**CP Sport England & Wales**

[www.cpsport.org](http://www.cpsport.org)

**Dwarf Sports Association United Kingdom**

[www.dsauk.org](http://www.dsauk.org)

**Disability Sports Events (DSE)**

[www.disabilitysport.org.uk](http://www.disabilitysport.org.uk)

**English Federation of Disability Sport**

[www.efds.co.uk](http://www.efds.co.uk)

**Federation of Disability Sports Organisations (FDSO)**

[www.fdsso.co.uk](http://www.fdsso.co.uk)

**Mencap Sport**

[www.mencap.org.uk/sport](http://www.mencap.org.uk/sport)

**North Yorkshire Sport**

[www.northyorkshiresport.co.uk](http://www.northyorkshiresport.co.uk)



# Useful Websites

**ParalympicsGB**

[www.paralympics.org.uk](http://www.paralympics.org.uk)

**Special Olympics Great Britain**

[www.sogb.org.uk](http://www.sogb.org.uk)

**Special Olympics City of York**

[www.specialolympicscityofyork.org](http://www.specialolympicscityofyork.org)

**UK Deaf Sport**

[www.ukdeafsport.org.uk](http://www.ukdeafsport.org.uk)

**UK Sports Association for People with a  
Learning Disability**

[www.uksportsassociation.org](http://www.uksportsassociation.org)

**WheelPower - British Wheelchair Sport**

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

# Information

This leaflet is about Inclusive and Disability Sport and Physical Activity Information in widget format. If you would like this information in an accessible format (for example in large print or by email) please contact 01904 553385 or email [glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

 **01904 551550**

Produced by Sport & Active Leisure, City of York Council, April 2013

If you have any questions then please contact Glyn Newberry on 01904 553385 or [glyn.newberry@york.gov.uk](mailto:glyn.newberry@york.gov.uk)

If you would like your club or organisation to be listed here then please get in touch via the above details.

Please be aware that some of these sessions are term-time only, please contact the activity provider for more information.