

# RAP

 Croydon Sport and Physical Activity

 @activecroydon

 activecroydon

# SPORTS COURSES

for children and young people with disabilities and additional needs aged 5 to 25.



Delivering for Croydon

**CROYDON**  
www.croydon.gov.uk







**SWIMMING**  
INTERMEDIATES:  
8 – 18 YEARS  
MONDAYS DURING  
TERM TIME

## SWIMMING

INTERMEDIATES: 8 – 18 YEARS

MONDAYS DURING TERM TIME

(no sessions on bank holidays)



🕒 5:45pm – 6:45pm

📍 £2 per session  
Full term discounts available online

📍 New Addington Leisure  
Centre, Central Parade,  
New Addington CR0 0JB

Must be able to swim 1 width on the front and back using a recognisable stroke. We will aim to provide a 1:6 staff to swimmer ratio.

Sign up and register at  
[www.croydon.gov.uk/leisure/sports](http://www.croydon.gov.uk/leisure/sports)  
then select 'Inclusive sports programme'  
For more information and to register  
please contact Active Lifestyles.

✉ [sdo@croydon.gov.uk](mailto:sdo@croydon.gov.uk)  
☎ 020 8760 5592





**INCLUSIVE ZONE  
BASKETBALL**  
AGES: 8 – 25 YEARS  
MONDAYS DURING  
TERM TIME

# INCLUSIVE ZONE BASKETBALL

AGES: 8 – 25 YEARS

**TUESDAYS DURING TERM TIME**

(no sessions on bank holidays)



🕒 5:00pm – 6:00pm

£ £2 per session  
Full term discounts available online

📍 Waddon Leisure Centre  
Purley Way, Waddon  
Croydon CR0 4RG

Sign up and register at  
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# INCLUSIVE STREET DANCE

AGES: 8 – 25 YEARS

**MONDAYS DURING TERM TIME**

(no sessions on bank holidays)

🕒 6:00pm – 7:00pm

💷 £2 per session  
Full term discounts available online

📍 Monks Hill Sport Centre,  
Farnborough Avenue,  
Selsdon CR2 8HD

Sign up and register at  
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then select 'Inclusive sports programme'

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☎ 020 8760 5592



**SLIDE**  
SOUTH LONDON  
INCLUSIVE DANCE  
EXPERIENCE

 /danceslide

 /DanceSlide

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



# INCLUSIVE RACKET SPORTS

AGES: 8 – 25 YEARS  
WEDNESDAYS DURING  
TERM TIME



# INCLUSIVE RACKET SPORTS

AGES: 8 – 25 YEARS

## WEDNESDAYS DURING TERM TIME

🕒 5:00pm – 6:00pm

£ £2 per session  
Full term discounts available online

📍 St Cyprians Primary  
School, Springfield Road,  
Thornton Heath, CR7 8DZ

Sign up and register at  
[www.croydon.gov.uk/leisure/sports](http://www.croydon.gov.uk/leisure/sports)  
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☎ 020 8760 5592





# POWERCHAIR FOOTBALL

AGES: 11+

**WEDNESDAYS DURING TERM TIME**



🕒 6:00pm – 7:30pm

🎟 £2 per session  
Full term discounts available online

📍 Waddon Leisure Centre  
Purley Way, Waddon,  
Croydon CR0 4RG

Sign up and register at  
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**TRAMPOLINING  
AND GAMES**  
AGES: 5 – 18 YEARS  
THURSDAYS  
DURING TERM TIME



# TRAMPOLINING AND GAMES

AGES: 5 – 18 YEARS

THURSDAYS DURING TERM TIME

🕒 4:00pm – 5:00pm

£ £2 per session  
Full term discounts available online

📍 Waddon Leisure Centre  
Purley Way, Waddon,  
Croydon CR0 4RG

Sign up and register at  
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then select 'Inclusive sports programme'

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**REBOUND THERAPY  
AND INCLUSIVE GAMES**  
AGES: 5 – 18 YEARS  
THURSDAYS DURING  
TERM TIME

# REBOUND THERAPY AND INCLUSIVE GAMES

AGES: 5 – 18 YEARS

**THURSDAYS DURING TERM TIME**

🕒 5:00pm – 6:00pm

£ £2 per session  
Full term discounts available online

📍 Waddon Leisure Centre  
Purley Way, Waddon,  
Croydon CR0 4RG

Sign up and register at  
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☎ 020 8760 5592



# SWIMMING

AGES: 8 – 18 YEARS  
THURSDAY DURING  
TERM TIME



## SWIMMING

ADVANCED: 8 – 18 YEARS

**THURSDAYS DURING TERM TIME**

🕒 6:00pm – 7:00pm

£ £2 per session  
Full term discounts available online

📍 Waddon Leisure Centre  
Purley Way, Waddon,  
Croydon CR0 4RG

Sign up and register at  
[www.croydon.gov.uk/leisure/sports](http://www.croydon.gov.uk/leisure/sports)  
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**SWIMMING**  
AGES: 8 - 18 YEARS  
THURSDAY DURING  
TERM TIME



**SWIMMING**  
AGES: 8 – 18 YEARS  
FRIDAYS DURING  
TERM TIME

## SWIMMING

**BEGINNERS: 8 – 18 YEARS**

**FRIDAYS DURING TERM TIME**

(no sessions on bank holidays)



🕒 5:00pm – 7:00pm

💷 £2 per session  
Full term discounts available online

📍 Thornton Heath Leisure  
Centre, 100 High Street,  
Thornton Heath CR7 8LF

Sign up and register at  
[www.croydon.gov.uk/leisure/sports](http://www.croydon.gov.uk/leisure/sports)  
then select 'Inclusive sports programme'

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## WEEKEND CLUB

AGES: 8 – 25 YEARS

**SATURDAYS DURING TERM TIME**



### WEEKEND CLUB HIGH SUPPORT NEEDS

For young people with more profound or complex disabilities and additional needs aged 8 - 25. A fully inclusive opportunity to try a wide variety of sports, including table top game, Tennis, Boccia and athletics, along with fun games and aerobic activities. Sessions are designed to enhance skills, social interaction and engagement. We aim to provide a staff ratio of 1:2.

 9.00am – 10.30am

 Oasis Academy Arena  
South Norwood

### WEEKEND CLUB LOW SUPPORT NEEDS

For young people with disabilities and additional needs aged 8 - 25. A multi sports session that give young people the opportunity to try a number of different sports, including Basketball, Cricket, Football, Hockey and Tag Rugby, along with various other fun games and activities. Sessions are designed to enhance skills, social interaction and engagement. We aim to provide a staff ratio of 1:6.

 11.00am – 1.00pm

 Oasis Academy Arena  
South Norwood

# RAP HALF TERM SPORTS COURSES

AGE RANGE MAY VARY,  
PLEASE CHECK ONLINE  
DURING HALF TERM



## RAP HALF TERM SPORTS COURSES

AGE RANGE MAY VARY, CHECK ONLINE

The RAP Scheme provides young people with disabilities and additional needs the opportunity to experience a wide range of sporting activities. The types of activities available include basketball, football, athletics, cricket, adapted team games and much more. There will also be an opportunity to swim.

🕒 10:00am – 4:00pm

💷 £7.50 per session  
(cost may vary)

🏠 To confirm venue  
before Half Term.

### Your child will need to bring:

- A packed lunch
- Plenty of drinks (no fizzy drinks)
- Comfortable clothing for sports activities
- Trainers
- Swimming costume and towel.

Sign up and register at  
[www.croydon.gov.uk/leisure/sports](http://www.croydon.gov.uk/leisure/sports)  
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**The RAP Sports Courses are for children and young people with disabilities or additional needs in Croydon.**

Sports activities are delivered by experienced staff that are enhanced DBS checked and are suitably qualified.

We focus on physical and social development and celebrate the smallest achievements whilst encouraging the progression of sport from grass roots through to excellence.

We will aim to provide a staff ratio of 1:6 however this may vary.

**WHAT DO I BRING?**

Please ensure that your young person is dressed in loose clothing and trainers. Jeans are not recommended. It is advised that you bring a bottle of water. For sessions lasting longer than 2 hours it is recommended that you also bring a small snack.

To avoid disappointment, please book early by either:

**Online (preferred option is often cheaper):**

Book online if you are enrolling for the whole course:

**[www.croydon.gov.uk/sportsdev](http://www.croydon.gov.uk/sportsdev) and click 'Pay for it.'**

**Call Us: 020 8760 5592** and pay by credit or debit card.

Refunds for cancellations will not be made unless 5 working days notice is given prior to the start of the course.

**For further information please contact:**

Active Lifestyles

Telephone: **020 8760 5592** Email: **[SDO@croydon.gov.uk](mailto:SDO@croydon.gov.uk)**

**[www.croydon.gov.uk/sportsdev](http://www.croydon.gov.uk/sportsdev)**



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Physical Activity



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